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See page 78

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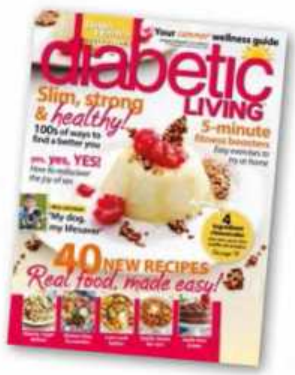
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- Prevent dry, itchy skin
- Check your feet regularly
- Don't walk in bare feet
- Don't use physical abrasion

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Introducing... *Dr Janine Clarke*

Psychologist, Mend Psychology and The Sydney ACT Centre, Sydney, NSW

What is a psychologist?

A psychologist is a health professional with training and clinical skills to help people more effectively deal with stressful or challenging life circumstances, painful thoughts and feelings, and mental health issues. Psychologists provide treatment to people of all ages, including individuals, families and groups.

How can a psychologist help me with my diabetes?

Living with diabetes can be difficult at times. A psychologist can teach you skills to live a full and meaningful life, while at the same time dealing with the daily demands of diabetes management and other emotional and behavioural challenges that diabetes brings. These include:

- Coming to terms with the diabetes diagnosis.
- Making healthy changes to your lifestyle.
- Coping with diabetes-related daily hassles.
- Managing the impact of diabetes on your relationships.
- Dealing with painful thoughts, feelings, worries and fears.
- Coping with the physical symptoms of diabetes.

What are some signs I might need to see a psychologist?

It's normal to experience stress and unhappiness from time to time. However, when unpleasant feelings become overwhelming and get in the way of you doing what matters, think about getting extra support. You might also consider seeking help if you're struggling to keep up with your diabetes self-care, are finding it difficult to perform your family or work roles, have thoughts of helplessness or hopelessness, or find that you are no longer enjoying things that previously gave you pleasure.

Where can I find a psychologist and how much will it cost?

To find a psychologist near you, speak with your GP or contact the Australian Psychological Society at psychology.org.au or on 1800 333 497.

Anyone can see a psychologist, but you need a referral from your GP if you wish to claim a rebate from Medicare. If you don't have a referral, you may still be able to claim a portion of the fee from your private health fund.

Different funds provide varying levels of cover, so it's a good idea to check with your insurer first.

OUR EXPERTS

Dr Kate Marsh

Dietitian and diabetes educator

Kate, who has type 1, is in private practice in Sydney. nnd.com.au

Dr Sultan Linjawi

Endocrinologist

A diabetes specialist, Sultan has a clinic in Coffs Harbour, NSW. lintanhealth.com.au

Christine Armarego

Exercise physiologist

At her clinic, Christine focuses on exercise as a way to improve BGLs. theglucoseclub.com.au

Dr Gary Deed

General practitioner

Gary, who has type 1, is devoted to helping people with diabetes. He is in practice in Brisbane.

Dr Angus Turner

Ophthalmologist

Angus directs Lions Outback Vision, providing specialist eye-care services to remote areas of WA. outbackvision.com.au

Danielle Veldhoen

Podiatrist

Danielle works at the Diabetes Centre at Royal Prince Alfred Hospital. ■

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A change for good

One of the most charismatic people I know, *DL* contributor Rob Palmer, came bursting into the office the other day, keen to discuss his latest column. I swear that man lights up a room with his megawatt presence.

Rob has lived with type 1 since the age of seven – that's more than 12,000 days of finger pricking, carb counting, insulin injecting, managing high and low blood glucose levels, and setting the record straight when people tell him, 'You don't look like a diabetic, mate!'

After a bit of a chuckle at this common misconception – seriously, what does a person with diabetes look like? – Rob realised he has also been perpetuating a few myths in relation to type 2. In classic Rob style, he 'fesses up on page 138.

Speaking about type 2, I'm delighted to announce that our Change4Life campaign was officially launched by a panel of experts, industry and media folk in Sydney, just in time for World Diabetes Day on 14 November.

Our panelists are united: we can no longer deny the type 2 epidemic. It's time to spread the word that type 2, unlike type 1, is preventable and reversible. It's time to Change4Life. It starts on page 14. Over to you...

Mara

Mara Lee, **Editor**

JOIN US ON FACEBOOK NOW!

You can have your say about this issue of *Diabetic Living* and tell us more about the topics you'd like to see covered. Simply visit our Facebook page (facebook.com/australiandiabeticlivingmagazine) and 'like' us to stay in the loop.

Look out for our next issue, on sale 4 February 2016

3 things to try *in this issue*



1. The world's healthiest cuisine

It promotes heart health and weight loss, protects against type 2 and takes you on a gastronomical journey. What can't the Mediterranean diet do?



2. At-home fitness boosters

If, like me, you find it hard to fit exercise into your day, bring it home. Work out in the ad breaks, while the kettle boils… it all adds up.

3. Quiz your loved ones

Take the first step in our Change4Life campaign, brought to you by:

TRUE equal

Diabetes Australia and JDRF are proud to support *Diabetic Living*. While all care has been taken in the preparation of the articles in this magazine, they should only be used as a guide, as neither Pacific Magazines nor Diabetes Australia is able to provide specific medical advice for people with diabetes or related conditions. Before following any health advice given in this magazine, please consult your healthcare professional. Recipes that are gluten free or have gluten-free options have been approved by Coeliac Australia.

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star letter

THE BIGGEST WINNER

I visited my diabetes educator of 10 years recently and was told I no longer need medication for my type 2! I have lost 67kg since I was first diagnosed and my blood glucose levels (BGLs) have averaged out to 5.4 over the past four years. I will have diabetes forever, but with help, healthy eating and low-impact exercise, I will be much healthier.
Lynnette Griffin, Vic

Editor's note: *Congratulations on your amazing achievement, Lynnette! You're an inspiration!*

MUM'S LITTLE HELPER

I'd like to say a big thank you to whoever thought up such a sensible magazine that helps so many people with their diabetes! My type 1 mother lives in New Zealand, and I post her a copy of the magazine every two months. She tells me that the recipes and the health and lifestyle tips are a great help to her.
Christine Leigh, Vic

Editor's note: *Your mum will be happy to know that* DL *is available in New Zealand via subscription or at newsagents.*

GOOD HEALTH FOR LIFE

I do not have diabetes, but I always look forward to my copy of *DL* arriving in the mail. I enjoy the recipes and tips – at my age, there is always something to learn about health and wellbeing!
Bev Bull, Qld

FAMILY MOTTOS

Congratulations on putting together a very informative magazine that enables me to educate the next generation of my family on the importance of healthy eating and living.

My whole family – including my 22-year-old son – is grateful for your recipes and articles. We have two mottos: 'fresh is best' and 'eat the colours of the rainbow each day', and your magazine always helps us achieve these goals.

Our family and friends are now buying your publication as we often entertain, cooking the meals from your magazine.

Thank you for the research that you do and the great team effort in putting out *Diabetic Living*.
Sharon Canino, SA

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Cold-weather tip

I live in Canberra and it sometimes gets very cold. This makes it hard to test as my fingers won't bleed. So it helps to run them under warm water first.
– Terry Greaves

YEAH, BABY!

I had poorly managed type 1 for 25 years. After getting an insulin pump in March 2014, I've had an HbA1c of 6.5 for more than 12 months. It isn't always easy having a pump, but it beats needles. And it has meant that six months ago, I was able to have a beautiful and healthy little boy!
– Angie Morris

Beating burnout together

I experience burnout from time to time, but I have learned to talk about it and ask for help when I really need it.
– Jenna Barry

30 YEARS AND STILL GOING STRONG

I am coming up to my 30-year type 1 anniversary in January and it has never stopped me from achieving anything I've wanted to do. It can be frustrating some days, but a big part of successful management is being fair to yourself and not letting it be a negative framework for your outlook on life.
– Mick Elliot

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It's time to change lives!

With an estimated two million Aussies at high risk of developing type 2, there's no better time than now to spread the word about our Change4Life program

1. TAKE IT

Encourage everyone you know to take the type 2 risk assessment quiz over the page. It only takes two minutes!



2. CHECK IT



A high score in the test doesn't always mean a diabetes diagnosis, but it does mean that a visit to the GP is a good idea.

Change 4 LIFE



4. MOVE IT

Exercise makes your body work better and every little bit counts. Invite your family or friends to catch up for a walk or plan an active day at the park – it's all protection against type 2.



3. SWAP IT

A healthy diet will benefit the whole family and reduce everyone's type 2 risk. Take charge by making smart switches, tweaking portions and cooking *DL*'s delicious meals!

With thanks to our partners TRUE equal diabetes australia

Our panel consisted of (from left) Seven News health editor Dr Andrew Rochford, who hosted the event; Lou Vickers-Willis, who was diagnosed with type 2 at 27; Diabetes Australia CEO Professor Greg Johnson; dietitian Susie Burrell; *DL* editor Mara Lee; celebrity chef Michael Moore, who lives with type 2; radio personality Susie Elelman, who has type 2 in her family; and exercise physiologist Dr Adam Fraser.





Let's tackle type 2

To celebrate the recent launch of Change4Life, we invited a panel of Australia's most trusted experts to participate in a forum about the importance of tackling type 2. The conversation starts here. Join us…



Team Equal was there to sweeten up the day!







The afternoon was blooming lovely, thanks to the folk from Nipro TRUEcare.





LIVING WITH TYPE 2 Michael Moore (left) and Lou Vickers-Willis (above) shared their personal stories.







‘The beautiful thing about type 2 diabetes is that there is a preventable – and reversible – nature to it.’ *Dr Andrew Rochford*



Over the coming months our Change4Life experts will share the best advice on how to prevent or reverse type 2 and live a healthier life. Grab a pen – the journey starts with the official risk-assessment tool







PHOTOGRAPHY DAVID MCKELVEY



TAKE THE QUIZ

The Australian Type 2 Diabetes Risk Assessment Tool (AUSDRISK)

1. Your age group

Under 35 years.....[0 points]
35-44 years.....[2 points]
45-54 years.....[4 points]
55-64 years.....[6 points]
65 years or over.....[8 points]

2. Your gender

Female.....[0 points] Male .....[3 points]

3. Your ethnicity/country of birth

3a. Are you of Aboriginal, Torres Strait Islander, Pacific Islander or Maori descent?
No.....[0 points] Yes.....[2 points]

3b. Where were you born?
Australia.....[0 points]
Asia (including the Indian sub-continent), Middle East, North Africa, Southern Europe.....[2 points]
Other.....[0 points]

4. Have either of your parents, or any of your brothers and sisters been diagnosed with diabetes (type 1 or type 2)?

No.....[0 points] Yes.....[3 points]

5. Have you ever been found to have high blood glucose (sugar) (for example, in a health examination, during an illness, or during pregnancy)?

No.....[0 points] Yes.....[6 points]

6. Are you currently taking medication for high blood pressure?

No.....[0 points] Yes.....[2 points]

7. Do you currently smoke cigarettes or any other tobacco products on a daily basis?

No.....[0 points] Yes.....[2 points]

8. How often do you eat vegetables or fruit?

Every day .....[0 points] Not every day [1 point]

9. On average, would you say you do at least 2.5 hours of physical activity per week (for example, 30 minutes a day on 5 or more days a week)?

Yes.....[0 points] No .....[2 points]

10. Your waist measurement taken below the ribs (usually at the level of the navel, and while standing)

Waist measurement (cm)

For those of Asian or Aboriginal or Torres Strait Islander descent:

Men	Women
Less than 90cm.....[0 points]	Less than 80cm.... [0 points]
90-100cm .....[4 points]	80-90cm..... [4 points]
More than 100cm ..[7 points]	More than 90cm.. [7 points]

For all others:

Men	Women
Less than 102cm ....[0 points]	Less than 88cm..... [0 points]
102-110cm.....[4 points]	88-100cm ..... [4 points]
More than 110cm ..[7 points]	More than 100cm .. [7 points]

ADD UP YOUR POINTS

Your risk of developing type 2 diabetes within 5 years*:

5 or less: Low risk

Approximately one person in every 100 will develop diabetes.

6-11: Intermediate risk

For scores of 6-8, approximately one person in every 50 will develop diabetes. For scores of 9-11, approximately one person in every 30 will develop diabetes.

12 or more: High risk

For scores of 12-15, approximately one person in every 14 will develop diabetes. For scores of 16-19, approximately one person in every 7 will develop diabetes. For scores of 20 and above, approximately one person in every 3 will develop diabetes.

*The overall score may overestimate the risk of diabetes in those aged less than 25 years.

If you scored 6-11 points in the AUSDRISK you may be at increased risk of type 2 diabetes. Discuss your score and your individual risk with your doctor. Improving your lifestyle may help reduce your risk of developing type 2 diabetes.

If you scored 12 points or more in the AUSDRISK you may have undiagnosed type 2 diabetes or be at high risk of developing the disease. See your doctor about having a fasting blood glucose test. Act now to prevent type 2 diabetes.

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The AUSDRISK Tool was designed for the Australian population, with risk scores calculated and validated based upon the results of the participants in the Australian Diabetes, Obesity and Lifestyle Study (AusDiab). Consequently, the AUSDRISK Tool is not reliable or suitable for use in non-Australian populations.

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Silver linings

Struggling with a case of the blues? Managing all forms of diabetes can be tricky, which explains why up to 50 per cent of people living with diabetes may experience depression or anxiety. Get your emotional wellbeing back on track by consulting your care team or Diabetes Counselling Online (diabetescounselling.com.au) for treatment options. You may also benefit from seeing a psychologist – check out *Here to help* on page 8 for more info.

KEEP IN MIND If you are prescribed an antidepressant, NPS MedicineWise advises keeping a close eye on your blood glucose levels (BGLs), as some medications can cause your levels to fluctuate.

TOP TIP

An ounce of prevention...

HAVE YOU HEARD OF PNEUMOCOCCAL PNEUMONIA? THIS BACTERIAL LUNG INFECTION CAUSES FEVER, COUGHING AND DIFFICULTY BREATHING, AND HAVING DIABETES CAN INCREASE YOUR RISK. SPEAK WITH YOUR GP ABOUT BEING IMMUNISED AGAINST IT, PARTICULARLY IF YOU'RE OVER 65. FIND OUT MORE BY VISITING PNEUMORISK.COM.AU

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BYE, BYE DRY!

Studies show that people with high BGLs tend to have dry skin, but everyone needs a little dermal TLC. Prevent dry skin and the risk of cracking and infection by avoiding washing your hands in scalding hot water, keeping your skin clean and dry, and investing in a good hydrating cream such as Plunkett's NS-7 Dry Skin Moisturiser. plunketts.com.au



Ask DR LINJAWI



What is the type 1 'honeymoon period'?

A: In people with type 1, the destruction of insulin-producing beta cells doesn't happen overnight, so you'll likely have some functioning cells when you're diagnosed. This post-diagnosis phase, when your pancreas is still producing insulin, is known as the honeymoon period.

How long does it last?
This varies but evidence suggests that it may be prolonged by good glycaemic control. One of my patients stretched theirs out for five years!

How will I know when it's over?
You will notice gradual increases in how much insulin you need and when you need it. Checking regularly and recording your results is vital. Check your BGLs when you wake, before meals and two hours after, before bed and perhaps once in the night. And have an HbA1c test every three months to assess your BGL management. ➤

Dr Sultan Linjawi, endocrinologist

Email your questions to:
diabeticliving@pacificmags.com.au
Post: *Diabetic Living*, Q&A: Health, GPO Box 7805, Sydney, NSW 2001.

Roughage it up

If you think you might be one of the six in 10 Aussies who don't eat enough fibre, dietitian Dr Kate Marsh offers a boost for every meal



BREAKFAST Aim to start the day the healthy way with a bowl of high-fibre oat or bran cereal.



LUNCH Replace white bread, rice and pasta with wholegrain bread, brown rice or pearl barley, and wholemeal or wholegrain pasta.



DINNER Reduce your meat intake by adding legumes to your meals – try red kidney beans in mince dishes, chickpeas in stir-fries and lentils in casseroles.



SNACKS Swap snacks such as chips, biscuits and chocolate for wholegrain fruit loaf, dried fruit and nut mix, roasted chickpeas, fresh fruit and hummus with raw vegetables or wholegrain crackers.



DRINKS Instead of always reaching for juice, consider switching to a piece of fruit instead.

Level best

Looking for an easy way to keep your blood glucose levels (BGLs) on track? Eat breakfast! New research shows that people with type 2 are far less likely to experience BGL spikes throughout the day if they enjoy a nutritious morning meal. Muesli, anyone?





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Ask DR MARSH



I've just been diagnosed with type 2 and am now worried about eating out! Do you have any tips?

A: While dining out with diabetes can be more challenging, it doesn't have to be a dietary disaster. Try to…

- **Avoid a food free-for-all** Most of us wouldn't eat a three-course meal at home, so don't feel you need to at a restaurant. Stick to one or two courses, or share a dessert or entree.
- **Go for lean(er) cuisine** Choose lean meat, chicken or fish that has been grilled, steamed, stir-fried or baked, and avoid battered or fried options.
- **Switch your sides** Chips, mashed potato or oil-laden roast vegetables can cause the kilojoules to pile up. Choose steamed vegies or a salad instead. Avoid creamy sauces or ask for them on the side and add just a little for the taste.
- **Be size wise** When choosing higher-carb dishes such as pasta or risotto, order an entree size along with a serve of salad or steamed vegies. Also, don't feel that you need to eat everything on your plate because you've paid for it! ➤

Dr Kate Marsh, advanced accredited practising dietitian and credentialled diabetes educator

Email your questions to:
diabeticliving@pacificmags.com.au
Post: *Diabetic Living*, Q&A: Nutrition, GPO Box 7805, Sydney, NSW 2001.

PHOTOGRAPHY GETTY IMAGES, ISTOCKPHOTO



IS YOUR STEVIA POWDER *ALL* STEVIA?

Are you actually buying pure Stevia?
Does it contain fillers and other ingredients?
Have you read the 'ingredients' list?

Nirvana Organics® 100% Pure Stevia Extract Powder is just that – 100% PURE STEVIA EXTRACT POWDER.

- No blending to make it cheaper or 'bulk it out'.
- One tiny (included) measuring spoon (1/35 tsp) of Nirvana Organics® Pure Stevia Extract Powder is the same sweetness as 1 teaspoon of sugar - so a little goes a long way.

Nirvana Organics Pure Stevia Extract Powder - 15g

Convenient Pocket-Size Stevia Extract Powder – Easy for Busy People on the Go! Only RRP $8.95 – gives you 250 servings (of sweetness equivalent to 250 tsp of sugar)

Compare the difference! For Example...

Some 200g supermarket brands of Stevia contain more than 95% Erythritol/maltodextrin and other fillers: and only provide approx. 100 serves.

15g of Nirvana Pure Stevia contains 100% pure Stevia Extract powder and provides 250 serves.

Nirvana organics Stevia™
All-natural Healthy Sweetener





Australian Certified Organic
CERT. NO. 11550
100% Pure Stevia Powder



Nirvana Stevia range: 100% Pure Stevia Extract Powder, Tablets, Liquids & SteviaSlim Sugarless Blend

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www.steviaaustralia.com | www.nirvanahealthproducts.com

NIRVANA HEALTH PRODUCTS®
Ph: 1300 66 99 82 **Australian owned company**



GET YOUR **KICKS**

Yes, you *can* keep your blood glucose levels (BGLs) stable while working up a sweat. Here's how to have a ball… safely

Love to run or play soccer with your friends or kids?

Exercise is great for you, but if you have type 1 be careful not to overdo it. Intense exercise floods your body with adrenaline, which causes your liver to release glucose. The result? Your body may start producing ketones (a product of fat breakdown) and your BGLs could go too high.

Test yourself regularly and if you have high ketones or your BGLs are over 20mmol/L, stop and take extra insulin.

TRY THIS Drink plenty of fluids and speak to your care team about building a plan that works with your routine.

Numbers game

30

The percentage by which women can reduce their risk of developing breast cancer if they do at least 10-19 hours of mild exercise each week (think walking or gardening).

22

The percentage by which men can blitz their risk of a heart attack if they do vigorous exercise – such as running or mountain biking – three times a week.

2

The government-recommended minimum number of days per week that adults aged 18-64 are advised to spend doing strength exercises. For a range of strengthening routines, see page 110.







Ask **CHRISTINE**



My husband has been told to exercise to help manage his type 2, but all he wants to do is play golf! Are there any health or fitness benefits to teeing off?

A: Absolutely! Playing golf involves balance, mobility, coordination, flexibility, focus and power. Plus, you have to carry or push your clubs around with you, which works extra muscle groups. New to the fairways? Here's how to get started:

- Aim for 2-3 sessions on non-consecutive days in a week.
- Start on a nine-hole course and move to 18 holes when you feel you're ready. In the beginning, it's also worth spending some time on the driving range. This can help you build your skills and assist with assessing how your BGLs respond to this new kind of exercise.
- Golf courses are a lot bigger than they appear! Don't overdo it walking from hole to hole – rest when you feel tired and let others play through, and get a lift back to the clubhouse on a cart if you need it.
- Keep track of your BGLs, stay hydrated and have food with you in case your levels drop. ➤

Christine Armarego,
accredited exercise physiologist

Email your questions to:
diabeticliving@pacificmags.com.au
Post: *Diabetic Living*, Q&A: Exercise, GPO Box 7805, Sydney, NSW 2001.

PHOTOGRAPHY ISTOCKPHOTO



When it comes to his skin, trust Palmolive to help keep him fresh and feeling good all day.

Help your man lift his game when it comes to his skin care, with new Palmolive Men Deep Clean Shower Gel. Engineered specifically for men's skin needs, Deep Clean contains an odour modifying complex that delivers all day freshness. Infused with spearmint oil and exfoliating fruit seeds to remove dirt and grime, it will leave him feeling fresh and energised throughout the day. Now available as part of the Palmolive Men shower gel range.

FOREVER FRESH

Palmolive® MEN

ALSO AVAILABLE: ACTIVE RANGE

Enriched with sea minerals, the gentle formula gives your active man the daily skin care he needs.



Back to school

Have the new school year in the bag with these three simple steps for parents

STEP ONE Has your child been newly diagnosed with diabetes or are they moving schools? If so, talk to the school and your GP to build a management plan that outlines day-to-day care and what to do in the event of an emergency. This can then be attached to your child's records.

STEP TWO Make sure your child has easy access to their meter, insulin and hypo kit (for when their levels drop too low). It may also be worth keeping back-up supplies in their locker or school desk.

STEP THREE If you think your child's school could use a little extra information about managing diabetes, point them to your local Diabetes Australia office, which can provide everything from information about special consideration in exams through to guides for treating hypos. Visit diabetesaustralia.com.au



Start a conversation

Want to connect with other parents or carers of type 1 kids? Find advice and support on the *Diabetic Living* Facebook page at facebook.com/australiandiabeticlivingmagazine

Ask ELISSA



My daughter has just been diagnosed with type 1 and is nervous about telling her friends. How did your kids handle this?

A: My 21-year-old son Billy has had type 1 since he was eight.

Billy says: 'When I started high school, I didn't want to tell anyone I had type 1 as I was worried they would treat me differently. For the first few weeks, I tested my blood glucose levels without taking my meter out of my school bag.

'But soon I made friends, who wanted to know what was in my bag. When I told them I had diabetes, they were very supportive. They kept an eye out for me and always suggested I test myself if I wasn't feeling well. I even showed my really good friends how to use my glucagon needle. It was never needed, but I felt a lot safer.

'If I had to do it again I would tell my friends about my type 1 straight away. Not only did it help me feel I didn't have to hide, it was safer for everyone, too.' ■

Elissa Renouf, owner of Diabete-ezy and mum of four kids with type 1. Her range of convenient diabetes products is available at diabete-ezy.com



Email your questions to:
diabeticliving@pacificmags.com.au
Post: *Diabetic Living*, Q&A: Ask About Your Kids, GPO Box 7805, Sydney, NSW 2001.

PHOTOGRAPHY ISTOCKPHOTO

Relief for Ringing in the ears

Recent studies in Australia, US and UK show that hearing loss and tinnitus are significantly more common and start earlier for people with diabetes.

Every year millions of people are told by their doctors that nothing can be done for tinnitus (ringing in the ears,) and that they just have to learn to live with it. Affecting approximately 20% of the population, tinnitus is a stressful condition that can cause sleeplessness, anxiety and communication problems. There has been considerable discussion in the scientific community about the connection between diabetes and tinnitus.

The condition known as hyperinsulinemia, a sugar metabolising disorder, and tinnitus was explored in a study at the Rio Grande School of Medicine, in Brazil in 2004 and published in the International tinnitus Journal. Hyperinsulinemia is a condition where there are elevated levels of insulin in the bloodstream. This is a direct consequence of a metabolic disorder known as insulin resistance.

The inner ear is similar to the brain in that it does not have its own energy reserves. Therefore its metabolism depends completely on the supply of oxygen and sugar (glucose) supplied from the blood stream. This means that alterations in glucose metabolism have great potential for disturbing the workings of the inner ear and our perception of sound.

While people living with diabetes are usually aware of metabolism issues and take advice on diet and exercise, if there is tinnitus it may also be important to directly treat the auditory system with sound therapy.

Now there is a home based treatment that is easy and enjoyable to use. It uses high frequency stimulation, through music, to re-build and organise brain connections, often relieving tinnitus and other ear related conditions. For more information visit **www.soundtherapy.com.au/DLOffer5**



RINGING IN YOUR EARS?

ENT DOCTOR DEVELOPED

Hundreds of doctors are now recommending a new medically based program which can offer genuine relief for tinnitus – **Sound Therapy**!

If you have:

- ☑ Ringing in the ears
- ☑ Work related noise exposure
- ☑ Dizziness or vertigo
- ☑ Difficulty hearing clearly
- ☑ Blocked ear/s
- ☑ Sleeping problems

Sound Therapy may be the answer!

Ear specialist *Dr Alfred Tomatis* demonstrated that we can change the way the brain responds to sound. **Sound Therapy** re-educates our auditory system, so that your brain can tune into real sound instead of creating its own tinnitus noise. You can use **Sound Therapy** while you work or sleep – so it won't take up extra time in your day!

Sound Therapy
INTERNATIONAL Pty Ltd

"I suddenly realised I didn't have tinnitus anymore!"
Kelvin Pleming, panel beater

CALL 1300 55 77 96

To learn exactly how our program works and get a **FREE DVD** info pack visit our website **www.SoundTherapy.com.au/DLOffer5** or call **1300 55 77 96**



PUPPY LOVE
Roly the groodle is specially trained to recognise changes in Paxx's blood glucose levels.



'Having Roly reassures me that someone else is watching over Paxx,' says mum Sarah (above middle).

ROLY *to the* RESCUE!

Meet the ***world's cutest*** type 1 management tool – not only can he sniff out hypos, he's also the pawfect best friend to five-year-old Paxx

Paxx Im had just turned three when his mum Sarah suspected he might have diabetes.

'Paxx was constantly thirsty and irritable,' Sarah recalls. 'I knew these were signs of type 1, so I called the hospital and explained my concerns. They said I should wait and take him to the GP the following week if I was still worried, but my mother instincts told me I needed to act. That day, I made the decision to get my father, who has type 2, to come over with his blood glucose meter. I tested Paxx's blood and my fears were right as his readings were high.'

Sarah went straight to emergency and within an hour Paxx had been diagnosed and was admitted to the paediatric ward. 'His blood glucose levels (BGLs) at the time of his admission were 39,' Sarah says. 'Thank goodness I didn't put my son to bed at home that night.'

From the beginning, Sarah and her husband Yang Su were determined to 'empower Paxx to take care of his body. I never believed in making him afraid of his diabetes, so he has been doing his own needles since he was diagnosed.'

While Paxx took to injections like a champ, he soon realised his diabetes made him different from other children his age – something that made him feel 'quite down, and frustrated with his disease', according to his mum.

'I thought that having his own puppy to help him with his diabetes would be a wonderful emotional support for him.'

So 12 months after Paxx's diagnosis, the Ims welcomed Roly, a gorgeous 10-week-old groodle (a golden retriever-poodle cross) who has been specially trained to recognise the signs of hypoglycaemia and alert Paxx and his parents when his levels drops too low. ➤





PET PROJECT
Sarah with Paxx, his three-year-old sister Kara-Day and Roly, who is 'much loved by our whole family'.

WANT TO KNOW MORE?

Sarah found Roly through Western Australia-based Paws for Diabetics, an organisation that specialises in training diabetes service dogs. Obtaining a service dog through Paws for Diabetics costs $3500, which includes transport and handling, while having your own dog retrained as a service animal costs $1500. For more information or to start an application, visit pfd.org.au or call (08) 9419 5235.

Roly was immediately embraced as a treasured family pet by Paxx, his two big brothers Jaydon and Jet, and his little sister Kara-Day. And he soon proved his mettle as a four-legged diabetes management helper, too.

'Roly has been most helpful in situations where Paxx is running around and playing,' explains Sarah. 'Although Paxx is hypo aware, his BGLs can drop very, very fast because he is busy and having fun. At those times, Roly will make us aware that we need to check Paxx by licking his hands, barking at him and tugging on his clothes.

'There was one occasion at the playground when Paxx's levels dropped unbelievably fast, from nine to 2.1 in a matter of six or seven minutes. It was Roly's persistence that prompted me to recheck Paxx – even though I had just tested his levels. If I hadn't trusted Roly, it could have very quickly turned into a situation where Paxx became unconscious.'

Having Roly has also helped ease Sarah's fears about night-time hypos. 'I am very scared of night times with Paxx,' she says. 'I test him every two hours overnight, but I still don't sleep well in between as I'm always worried about what may happen. However, having Roly sleeping beside Paxx is reassuring, as it makes me feel that someone else is watching over him.'

Sarah acknowledges that a diabetes service dog is an expensive investment. Also, 'a puppy is a big challenge when you already have four children – especially as training Roly is ongoing, and involves reinforcing his skills over and over'.

But one year after making a now-one-year-old Roly the seventh member of her family, Sarah says she has no regrets about her decision. 'Roly is very much loved by our whole family. Making the decision to get a diabetes service dog is a big commitment. But it's a choice that can literally save a life.' ■

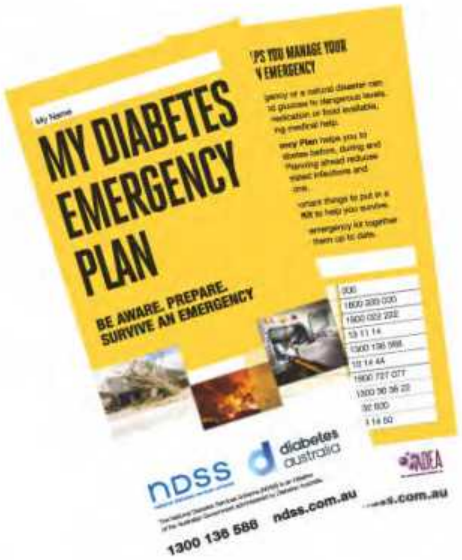
WORDS REBECCA LAKE **PHOTOGRAPHY** MARK DOHRING, GETTY IMAGES (GRASS)

BE AWARE. PREPARE. SURVIVE AN EMERGENCY.

MANAGING DIABETES IN AN EMERGENCY



Australia experiences an average of four major natural disasters each year including storms, cyclones, flooding and bushfires. The frequency and severity of natural disasters is expected to increase in the coming years.



In an emergency, the body processes blood glucose differently. For people with diabetes, blood glucose control can deteriorate both during and after a natural disaster.

It is important that people with diabetes consider the impact emergencies and natural disasters may have on their health to minimise negative health outcomes. Stress, changes in levels of activity and limited access to food may mean that diabetes medication needs to be adjusted during and after an emergency.

A number of resources are available to assist people with diabetes to plan ahead for a natural disaster, to ensure they are able to continue to self-manage their diabetes both during and after an emergency.

The My Diabetes Emergency Plan helps people with diabetes to record important information such as their personal details, details of their diabetes care team, medications, and their diet and nutrition requirements. It also outlines important considerations for preparing an emergency kit.

A selection of resources are available in a number of languages and can be downloaded from the multicultural diabetes portal website:

multiculturalportal.ndss.com.au

or other disaster planning resources please visit

ndss national diabetes services scheme

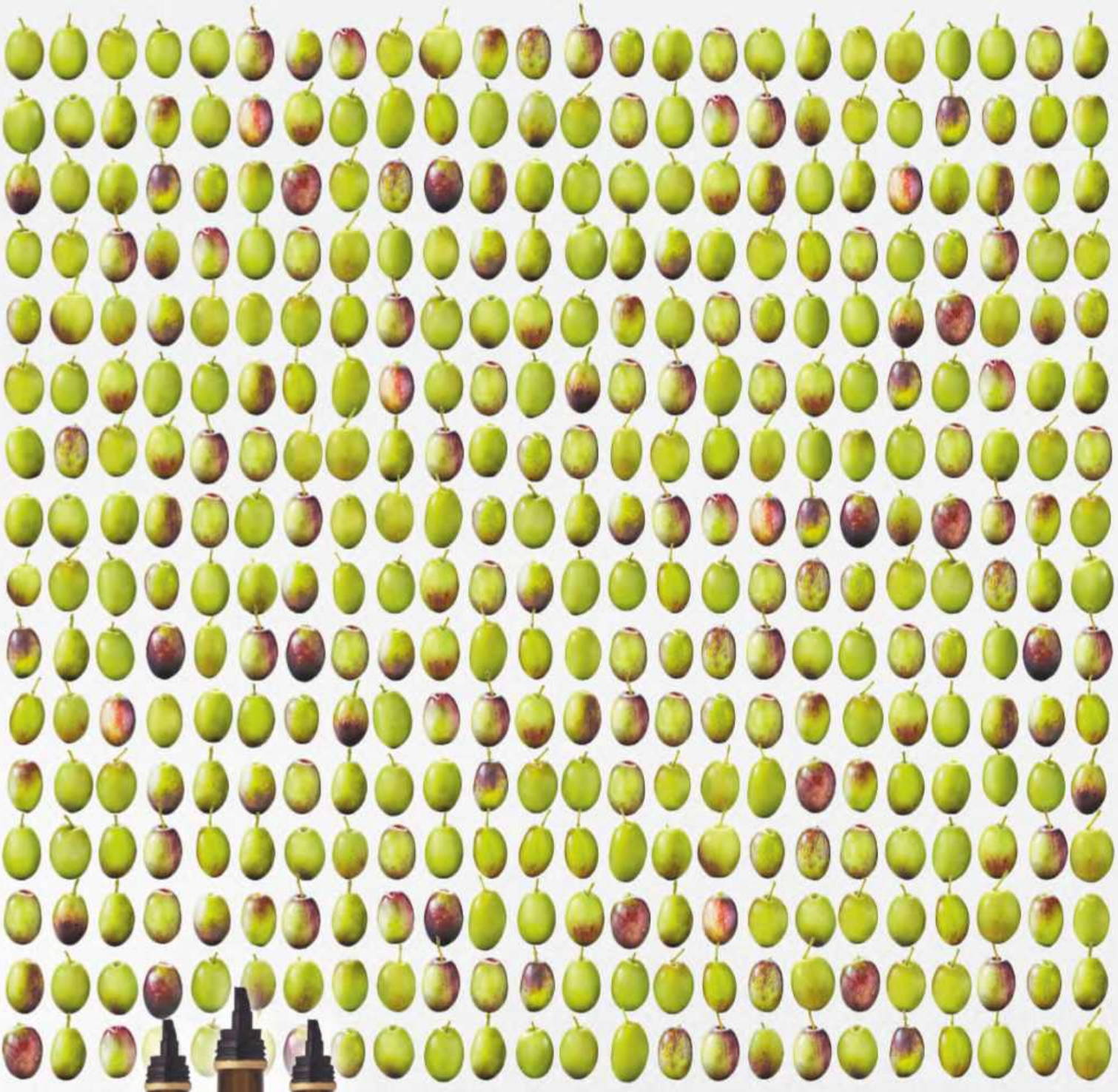
diabetes australia

ADEA

The National Diabetes Services Scheme (NDSS) is an initiative of the Australian Government administered by Diabetes Australia.

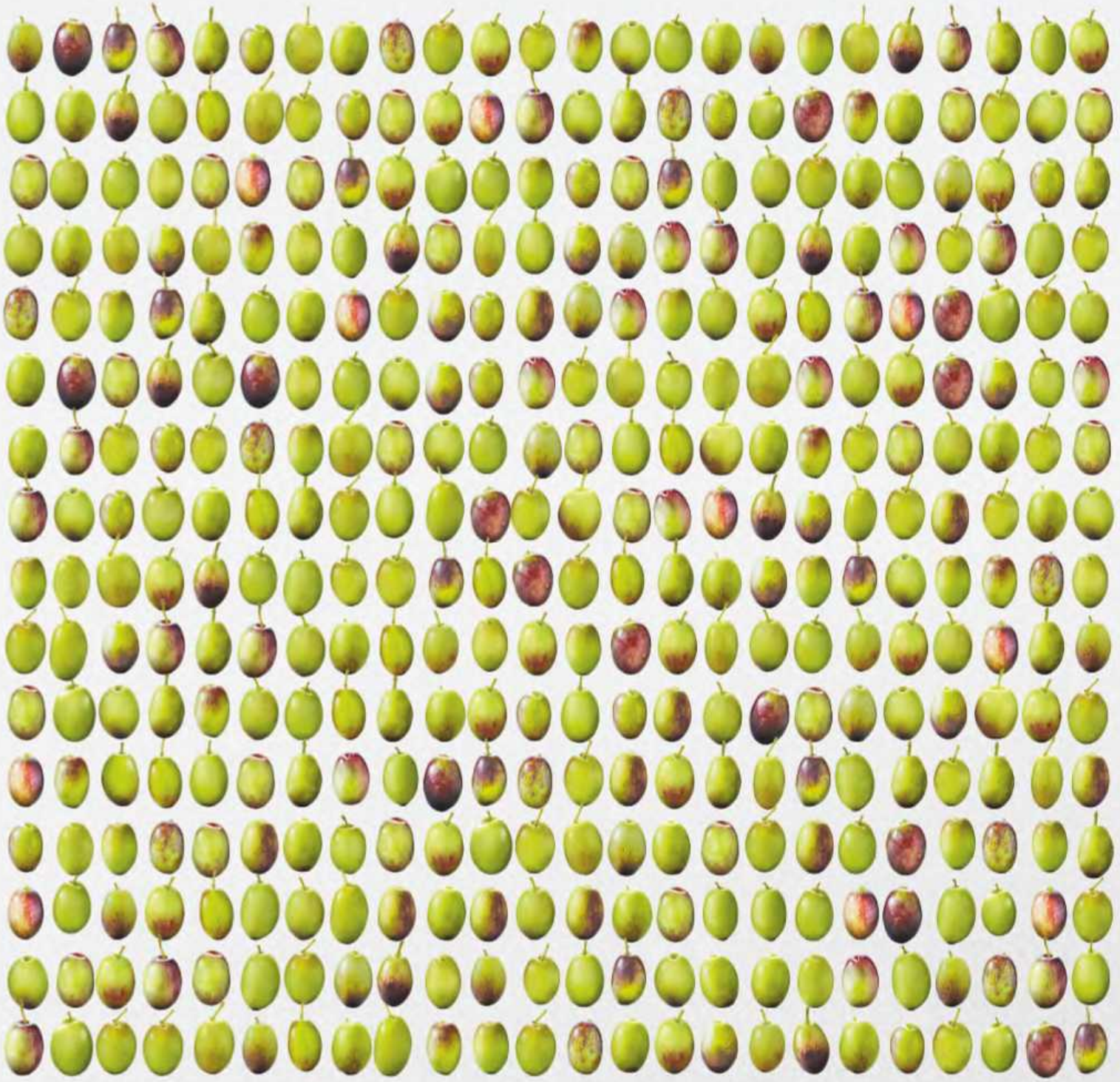
These resources were developed by the Australian Diabetes Educators Association with funding under the National Diabetes Services Scheme.

1300 136 588 **ndss.com.au**





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Bring some Cobram Estate magic to your meals with easy, everyday ideas at **cobramestate.com.au**

Cobram Estate®

Every olive matters.



Scallops with chargrilled peach and lime salsa

see recipe, page 36 >>

nutrition info

PER SERVE 370kJ, **protein** 10g, **total fat** 1g (sat. fat 0.2g), **carbs** 9g, **fibre** 1g, **sodium** 116mg.
- **Carb exchanges** ⅔.
- **GI estimate** low.
- **Gluten free.**

Tomato, prosciutto and parmesan bruschetta

see recipe, page 36 >>

nutrition info

PER SERVE 665kJ, **protein** 8g, **total fat** 5.6g (sat. fat 1.4g), **carbs** 18g, **fibre** 3g, **sodium** 386mg. • **Carb exchanges** 1¼. • **GI estimate** low. • **Gluten-free option.**

gluten free



Flavours OF THE *Mediterranean*

Now you can enjoy the world's healthiest diet, Aussie style! This ***barbecue-friendly feast*** is a summer stunner and super easy, too

DL dietitian's tip: **'This versatile menu is designed for laid-back summer entertaining and is inspired by the fresh, healthy flavours of the Med,' says Lisa Urquhart. 'Enjoy it over the late afternoon and evening in place of a main meal, one optional snack and dessert. Just pick one starter, one main and a side, then finish with our divine dessert. There's something for everyone!'**

Broccoli, avocado and mint salad

see recipe, page 39 >>

nutrition info

PER SERVE 555KJ, **protein** 5g, **total fat** 11g (sat. fat 2g), **carbs** 1g, **fibre** 4g, **sodium** 39mg.

- **Carb exchanges** ⅓.
- **GI estimate** low.
- **Gluten-free option.**

Lamb souvlaki

see recipe, page 38 >>

nutrition info

PER SERVE 1082kJ, **protein** 27g, **total fat** 16.2g (sat. fat 4.7g), **carbs** 1g, **fibre** 1g, **sodium** 77mg.

- **Carb exchanges** N/A.
- **GI estimate** N/A.
- **Gluten free.**

gluten free

BBQ corn, tomato and bocconcini salad

see recipe, page 39 >>

nutrition info

PER SERVE 741kJ, **protein** 10g, **total fat** 9.9g (sat. fat 4g), **carbs** 10g, **fibre** 5g, **sodium** 155mg.

- **Carb exchanges** ⅔.
- **GI estimate** low.
- **Gluten-free option.**

gluten free



How our food works for you
see page 98

Rice, olive and spinach stuffed capsicums
see recipe, page 38 >>

nutrition info
PER SERVE 1068kJ, **protein** 13g, **total fat** 9.7g (sat. fat 3.7g), **carbs** 26g, **fibre** 5g, **sodium** 368mg.
- **Carb exchanges** 1⅔.
- **GI estimate** low.
- **Gluten free.**

nutrition info
PER SERVE 1082kJ, **protein** 35g, **total fat** 10.5g (sat. fat 2.4g), **carbs** 5g, **fibre** 1g, **sodium** 82mg.
- **Carb exchanges** ⅓.
- **GI estimate** low.
- **Gluten free.**

Sumac and lemon chicken with garlic yoghurt
see recipe, page 39 >>

STARTERS



Scallops with chargrilled peach and lime salsa

PREPARATION TIME: 10 MINS
COOKING TIME: 10 MINS
SERVES 4 (AS A STARTER)

1 Tbsp honey
Zest of ½ lime
Freshly squeezed juice of 1 lime
1 small clove garlic, crushed
Extra virgin olive oil cooking spray
1 small peach, halved, stone removed
1 stalk rosemary
16 scallops on the shell (without roe)
Freshly ground black pepper, to serve
1 green shallot, finely chopped, to serve

1 Preheat a barbecue plate on medium-high. Combine honey, lime zest and juice and garlic in a small bowl. Spray peach lightly with cooking spray then brush with honey mixture. Add to barbecue and cook for 2-3 minutes, turning once, or until peach softens slightly. Set aside. Dip rosemary in honey mixture and add to barbecue. Cook for 2-3 minutes or until slightly crisp.

2 Pull rosemary leaves off woody stalk and finely chop, discarding stalk. Finely chop peach. Add rosemary and peach to remaining honey mixture and stir to combine. Set aside.

3 Carefully remove scallops from shells and spray with cooking spray. Wash and dry shells, and set aside. Increase barbecue heat to high and cook scallops for 1-2 minutes on each side or until just cooked through.

4 Return scallops to clean shells. Spoon over salsa. Sprinkle with pepper and a few pieces of shallot. Serve immediately.

COOK'S TIP

If you like, use a nectarine or 2 small plums instead of the peach, and a little finely chopped red onion in place of shallot.



Tomato, prosciutto and parmesan bruschetta

PREPARATION TIME: 15 MINS
COOKING TIME: 10 MINS
SERVES 4 (AS A STARTER)

Extra virgin olive oil cooking spray
2 cloves garlic, very thinly sliced
2 thin slices prosciutto
4 x 30g slices sourdough bread or gluten-free bread
2 tomatoes, deseeded, finely chopped
1 cup rocket leaves, finely shredded
1 cup basil leaves, finely shredded
2 tsp balsamic vinegar
2 tsp extra virgin olive oil
Freshly ground black pepper, to season
10g parmesan shavings, to serve

1 Preheat a barbecue grill and plate on medium-high. Spray garlic and prosciutto with cooking spray and add to plate. Cook, tossing often, for 3-4 minutes or until garlic is tender and prosciutto is crisp. Transfer to a plate and set aside. Spray both sides of bread with cooking spray. Add to grill and cook for 1-2 minutes on each side or until lightly toasted with chargrill marks. Transfer to a plate.

2 Finely chop garlic and put in a medium bowl. Add tomato, rocket and basil. Toss to combine. Whisk vinegar, oil and pepper in a small bowl. Add to tomato mixture and stir to combine.

3 Divide tomato mixture between bread slices. Break prosciutto into small pieces and sprinkle over tomato mixture. Top with parmesan shavings and serve.

COOK'S TIP

For a milder flavour, you can replace the rocket with baby spinach and the basil with parsley or mint. ➤

Fresh produce, **fragrant herbs and olive oil bring a taste of *LA DOLCE VITA* to your table**



gluten free

BBQ balsamic fruit salad with honey yoghurt cream

see recipe, page 40 >>

nutrition info

PER SERVE 612kJ, **protein** 4g, **total fat** 1.2g (sat. fat 0.6g), **carbs** 26g, **fibre** 4g, **sodium** 39mg.

- **Carb exchanges** 1⅔.
- **GI estimate** low.
- **Gluten free.**

MAINS



Lamb souvlaki

PREPARATION TIME: 10 MINS
PLUS 4 HOURS MARINATING
COOKING TIME: 5 MINS
SERVES 4 (AS PART OF A MAIN)

1 Tbsp thyme leaves
2 tsp dried oregano
3 cloves garlic, crushed
Freshly squeezed juice of 1 lemon
2 Tbsp extra virgin olive oil
4 x 125g lamb leg steaks, trimmed of fat
Extra virgin olive oil cooking spray
1 lemon, cut into cheeks
Extra thyme leaves, to serve

1 Put thyme, oregano, garlic, lemon juice and oil in a shallow dish and stir to combine. Add lamb and turn to coat. Cover with plastic wrap and refrigerate for 4 hours, or overnight, to marinate.

2 Preheat a barbecue grill on medium-high. Spray both sides of lamb and lemon cheeks with cooking spray. Add to barbecue and cook for 2 minutes on each side for medium for the lamb, or until cooked to your liking, and until lemon is slightly charred. Set lemon aside. Transfer lamb to a plate, cover loosely with foil and set aside to rest for 2 minutes.

3 Arrange lamb on a serving platter. Add lemon, sprinkle with extra thyme leaves and serve.

COOK'S TIP

You can use lamb backstrap in place of the leg steaks – just cook it for 2½ minutes on each side and slice before serving. You can also use trim lamb cutlets and cook them for 1½ minutes on each side.



Rice, olive and spinach stuffed capsicums

PREPARATION TIME: 20 MINS
COOKING TIME: 50 MINS
SERVES 4 (AS PART OF A MAIN)

1 tsp extra virgin olive oil
1 brown onion, finely chopped
2 cloves garlic, crushed
8 kalamata olives, pitted, finely chopped
Finely grated zest and freshly squeezed juice of ½ lemon
250g pkt SunRice Low GI Steamed White Rice, heated following pack instructions
25g (1 cup) baby spinach leaves, finely shredded
2 tomatoes, finely chopped
1 Tbsp thyme leaves
50g reduced-fat feta, crumbled
50g bocconcini, finely chopped
50g egg, lightly whisked
Freshly ground black pepper, to season
4 small red capsicums
80ml (⅓ cup) water
Chopped flat-leaf parsley, to serve
Lemon wedges, to serve (optional)

1 Heat oil in a medium non-stick frying pan over a medium heat. Add onion and garlic. Cook, stirring occasionally, for 6-7 minutes or until onion softens. Transfer mixture to a large bowl.

2 Add olive, lemon zest and juice, rice, spinach, tomato, thyme, feta, bocconcini and egg to onion mixture. Season with pepper and mix until well combined.

3 Preheat a barbecue on medium. Cut capsicums in half lengthways and carefully remove seeds and membrane. Arrange in a large metal baking dish. Divide rice mixture between capsicum halves. Add water to dish. Cover with foil and add to middle of the barbecue, turning off any burners directly underneath the dish – this will stop the water from evaporating and the capsicums burning. Cover with a lid and cook for 40 minutes or until capsicums are tender. Transfer to a serving platter. Sprinkle with parsley and serve with lemon wedges.

COOK'S TIP

If you prefer, you can roast the capsicums in an oven preheated to 180°C (fan-forced) for 45 minutes or until tender.

SIDES



Sumac and lemon chicken with garlic yoghurt

PREPARATION TIME: 10 MINS
PLUS 4 HOURS MARINATING
COOKING TIME: 10 MINS
SERVES 4 (AS PART OF A MAIN)

2 Tbsp ground sumac
Zest and freshly squeezed juice of 1 lemon
2 Tbsp extra virgin olive oil
2 Tbsp finely chopped dill
2 Tbsp finely chopped flat-leaf parsley
4 x 150g chicken breast fillets, trimmed of fat
Extra virgin olive oil cooking spray
Extra dill sprigs, to serve

Garlic yoghurt

70g (⅓ cup) low-fat Greek-style plain yoghurt
1 small clove garlic, crushed
1 Tbsp freshly squeezed lemon juice

1 **Combine sumac,** lemon zest and juice, oil, dill and parsley in a shallow dish. Add chicken and turn to coat. Cover with plastic wrap and refrigerate for 4 hours, or overnight, to marinate.
2 **To make garlic yoghurt,** combine all ingredients in a small serving bowl. Cover with plastic wrap and refrigerate until required.
3 **Preheat a barbecue grill** on medium-high. Spray both sides of chicken with cooking spray. Add to barbecue and reduce heat to medium. Cook for 4 minutes on each side or until cooked through.
4 **Transfer chicken** to a serving plate. Top with extra dill and serve with garlic yoghurt.



BBQ corn, tomato and bocconcini salad

PREPARATION TIME: 15 MINS
COOKING TIME: 20 MINS
SERVES 4 (AS A SIDE)

Extra virgin olive oil cooking spray
2 corncobs, husks and silk removed
250g punnet cherry tomatoes, halved
1 cup small basil leaves
100g baby bocconcini, torn
1 Tbsp basil and rocket pesto or gluten-free pesto
1 Tbsp freshly squeezed lemon juice

1 **Preheat a barbecue** on medium. Spray corn with cooking spray and wrap in foil. Add to barbecue and cook for 20 minutes, turning occasionally, or until corn is just cooked. Transfer to a plate and set aside.
2 **Put tomato,** basil and bocconcini in a medium bowl and toss to combine. Cut corn off cobs in long pieces and add to bowl. Transfer salad to a serving plate.
3 **Whisk together** pesto and lemon juice. Drizzle over salad and serve.

COOK'S TIP

You can replace the cherry tomatoes with 3 medium tomatoes, cut into chunks, and the lemon with lime.



Broccoli, avocado and mint salad

PREPARATION TIME: 10 MINS
COOKING TIME: 5 MINS
SERVES 4 (AS A SIDE)

300g broccoli, cut into florets
½ bunch flat-leaf parsley
1 small avocado, chopped
½ bunch mint
½ cup mung beans
2 Tbsp sunflower seeds, toasted (see Cook's Tip)

Lemon dressing

Freshly squeezed juice of ½ lemon
1 Tbsp extra virgin olive oil
1 tsp wholegrain mustard or gluten-free mustard
1 clove garlic, crushed
Freshly ground black pepper, to season

1 **Cook broccoli** in a small saucepan of boiling water for 2 minutes. Rinse under cold water. Drain and transfer to a large bowl. Add parsley, avocado, mint and mung beans. Toss to combine.
2 **To make lemon dressing,** whisk all ingredients in a small bowl.
3 **Pour dressing** over salad. Sprinkle over sunflower seeds and serve.

COOK'S TIP

Toast sunflower seeds in a non-stick frying pan over a medium heat, shaking pan often. ➤

DESSERT



BBQ balsamic fruit salad with honey yoghurt cream

PREPARATION TIME: 10 MINS
COOKING TIME: 10 MINS
SERVES 4 (AS A DESSERT)

1 Tbsp manuka honey (see Cook's Tip)
2 Tbsp freshly squeezed orange juice
2 tsp lemon thyme
1 peach, cut into wedges
¼ pineapple, cored, peeled, sliced
250g punnet strawberries, halved
2 tsp balsamic vinegar

Honey yoghurt cream

130g (½ cup) Greek-style plain yoghurt
½ tsp vanilla bean paste
3 tsp manuka honey

1 **To make honey yoghurt cream,** whisk all ingredients in a small bowl. Transfer to a serving bowl. Cover with plastic wrap. Refrigerate until needed.
2 **Put honey and orange juice** in a small microwave bowl. Cook on high/100% for 20 seconds. Stir in thyme.
3 **Preheat a barbecue plate** on medium-high. Brush fruit with honey mixture. Add peach and pineapple to barbecue. Cook for 3-4 minutes, turning occasionally, until slightly charred. Transfer to a shallow serving bowl. Add strawberry to barbecue and cook for 1 minute on each side.
4 **Add remaining honey** mixture and vinegar to fruit. Toss to combine. Serve with honey yoghurt cream.

COOK'S TIP

If you can't find manuka honey, just use a stronger-flavoured honey.



The **good** oil

Switching to Australian extra virgin olive oil is an easy way to boost the nutrient value – and flavour – of your food. *DL* dietitian Lisa Urquhart explains why…

TELL ME ABOUT IT… Extra virgin olive oil (EVOO) is essentially the juice of the fresh olives, with all the wonderful aromas and flavours preserved through a cold-pressing technique that's used to extract the oil. Cold pressing also maintains the antioxidants, heart-healthy phytosterols and vitamins, which are lost in the heat processing of regular olive oil.

BAKE IT, GRILL IT, FRY IT… It's a myth that you can't cook with EVOO. It can withstand a heat of up to 210°C, making it perfect for baking, grilling and frying. Plus, cooking your vegetables in EVOO can actually increase the availability of antioxidants from the vegies as well as the oil.

SLIM DOWN AND LEVEL UP… Regular consumption of EVOO can help with weight management, as it promotes satiety and lowers the glycaemic index of your meals. EVOO also stimulates the release of blood glucose-lowering hormones called incretins after a meal, assisting with diabetes control.

A HEALTHY HERO… EVOO is full of monounsaturated oils, which pack the one-two punch of improving your cholesterol and reducing your risk of cardiovascular disease. In addition, one tablespoon of EVOO provides 20 per cent of your recommended intake of vitamin E – a powerful antioxidant – and vitamin K, which is vital for helping your blood coagulate.

THE UPSHOT? Embrace the Med way each day by adding extra virgin olive oil to your salads, sautéed vegetables, roast or baked meals and pasta. This simple switch could have a big impact on the way you feel, cook and eat!

OUR TOP PICK

***DL* food editor Alison Roberts used Victoria-based Cobram Estate Australian Extra Virgin Olive Oil Spray and Australian Extra Virgin Olive Oil in her Med-themed recipes. ■**

RECIPES ALISON ROBERTS; LISA URQUHART, DIETITIAN **PHOTOGRAPHY** BRETT STEVENS **STYLING** KRISTEN WILSON **FOOD PREPARATION** WENDY QUISUMBING

IF YOU HAVE DIABETES YOU MAY BE MORE AT RISK OF GUM DISEASE[1]



Colgate Total Advanced toothpaste reduces up to 90% of plaque germs that can cause gum disease.[2]



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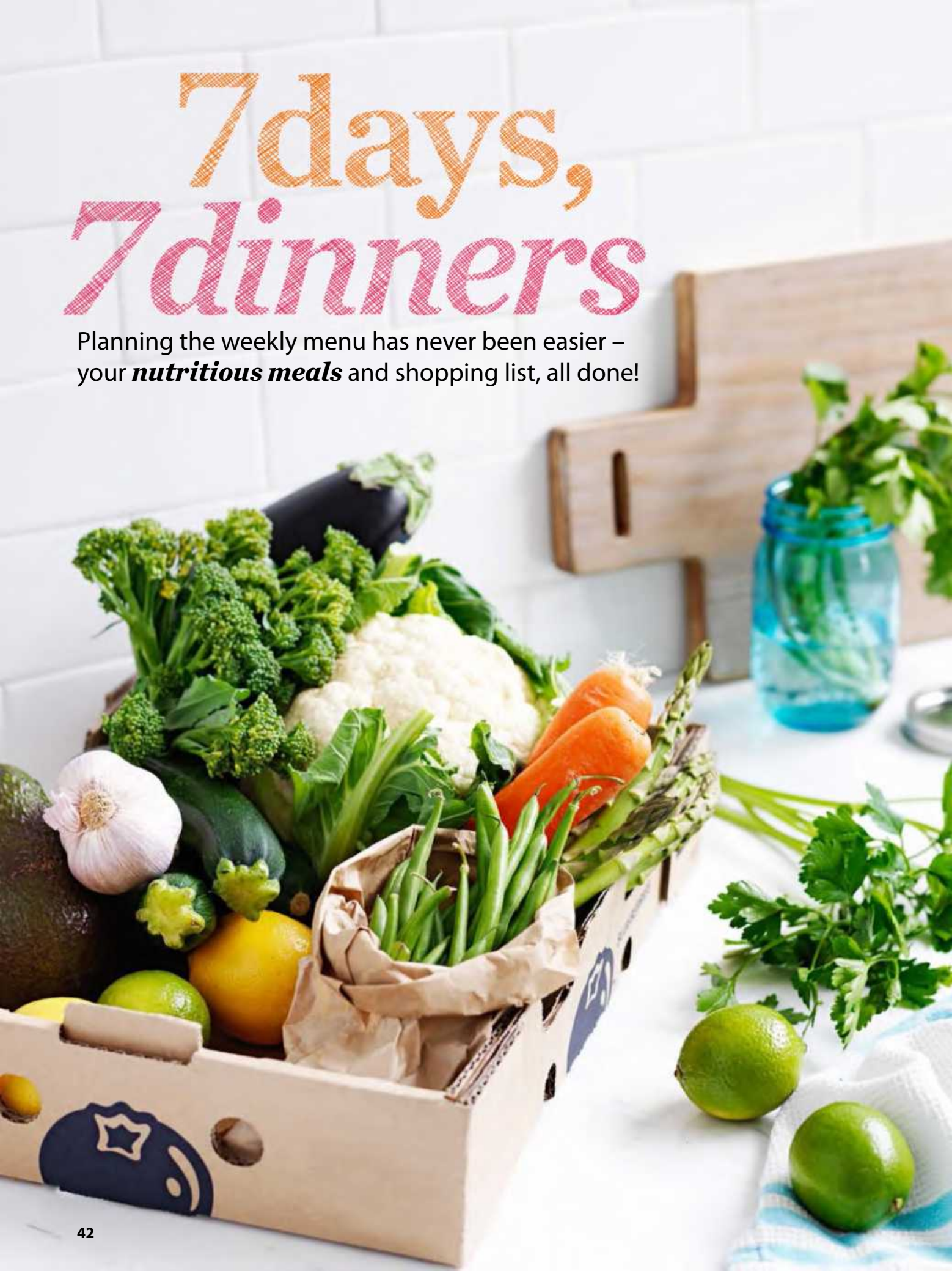
Always read the label. Use only as directed. See your dentist if symptoms persist. *vs ordinary fluoride toothpaste.

1) Taylor and Borgnakke, (2008). Oral Diseases, 14: 191-203; Khader, Albashaireh and Hammad, (2008). La Revue de Sante de la Mediterranee orientale, Vol 14, No.3: 654-661; 2) Fine, et al. (2006). Journal of the American Dental Association, 137: 1406-1413; funded by Colgate-Palmolive Co, New York.

ASMI 23622-0514

7 days, 7 dinners

Planning the weekly menu has never been easier – your ***nutritious meals*** and shopping list, all done!



Monday

Chickpea, burghul and sweet potato salad

Add a touch of Middle Eastern magic to your menu – you'll be vegie glad you did!

see recipe, page 50 >>



nutrition info

PER SERVE 1762kJ, **protein** 19g, **total fat** 12.7g (sat. fat 3.3g), **carbs** 52g, **fibre** 10g, **sodium** 356mg. • **Carb exchanges** 3½. • **GI estimate** low.

Tuesday

Mexican beef parcels

You'll be filo-ing very exotic with these rockin' rolls!

see recipe, page 50 >>



How our food works for you
see page 98

nutrition info

Left: **PER SERVE** 2086kJ, **protein** 29g, **total fat** 15g (sat. fat 3.7g), **carbs** 57g, **fibre** 8g, **sodium** 534mg.
- **Carb exchanges** 3¾.
- **GI estimate** low.

Below: **PER SERVE** 1975kJ, **protein** 52g, **total fat** 13.6g (sat.fat 3.6g), **carbs** 31g, **fibre** 8g, **sodium** 313mg.
- **Carb exchanges** 2.
- **GI estimate** low.
- **Gluten-free option.**

Leftovers

PANTRY

Mexican chilli powder: Use in nachos or to flavour beef mince (cook the mince first with garlic, onion and a little olive oil) before adding it to your favourite pizza base. Sprinkle over sliced fresh vegies and a little grated low-fat cheese before baking.

Roasted capsicum: Make a coriander and capsicum pesto or use in salads, on sandwiches or in pasta sauces.

Pesto: Spread a thin layer over your favourite pizza base or toss through pasta with lots of vegies.

Passata: Use it as a tasty base for a pasta sauce or add to a soup.

Mustard seeds and garam masala: Use to flavour curries, stews or soups.

Coconut milk: Add a dash to soups or curries, or blend with banana, chia seeds, coconut water, yoghurt and a few tablespoons of wheatgerm for a quick brekkie on the go.



Wednesday

Sumac-crusted veal with carrot, avocado and currant salad

When it comes to the crunch, this midweek marvel is sure to deliver.

see recipe, page 50 >>

Thursday

Tortellini and spinach cheat's lasagne

We've cut the white sauce but not the taste – it's the quickest pasta bake you'll ever make!

see recipe, page 52 >>

nutrition info

PER SERVE 1597kJ, **protein** 20g, **total fat** 9g (sat. fat 5.1g), **carbs** 52g, **fibre** 6g, **sodium** 788mg.

- **Carb exchanges** 3½.
- **GI estimate** low.





Friday

Thai-style fish with greens

Wok on with this Thai-riffic flash in the pan.

see recipe, page 52 >>

nutrition info

Left: **PER SERVE** 1597kJ, **protein** 34g, **total fat** 12g (sat. fat 1.9g), **carbs** 30g, **fibre** 7g, **sodium** 544mg.
- **Carb exchanges** 2.
- **GI estimate** low.
- **Gluten-free option.**

Below: **PER SERVE** 1568kJ, **protein** 20g, **total fat** 17.7g (sat. fat 5.8g), **carbs** 31g, **fibre** 10g, **sodium** 773mg.
- **Carb exchanges** 2.
- **GI estimate** low.
- **Gluten free.**

Leftovers

CHILLED

Tortellini: Cook and top with a quick tomato sauce (cook some onion, garlic and tomato with a little stock). Sprinkle over parmesan shavings and serve with a salad.

Filo: Make a spinach and cheese pie, or whip up a quick apple and cinnamon strudel using a can of no-added-sugar pie filling.

Sour cream: Dollop on nachos, stir into soups or dress baked potatoes.

Yoghurt: Add to smoothies or make a quick breakfast by serving yoghurt with fresh fruit sprinkled with a few nuts and seeds and a drizzle of honey.

FRUIT AND VEGETABLES

Curry leaves: Toss a few in your curries or stir-fries.

Cauliflower: Steam and puree, then add to your favourite bolognese pasta sauce for a vegie boost.

gluten free



Saturday

Eggplant and ricotta stacks

Layer upon layer of yum makes for a vegie delight that really stacks up!

see recipe, page 54 >>



Sunday

Indian chicken curry

Get your kicks with a little hottie – it's a total flavour fest.

see recipe, page 54 >>

nutrition info

PER SERVE 1652kJ, **protein** 37g, **total fat** 13g (sat. fat 5.5g), **carbs** 28g, **fibre** 9g, **sodium** 121mg.

- **Carb exchanges** 2.
- **GI estimate** low.
- **Gluten free.**

gluten free



MIND *over* MUNCHIES

It's easy to fall into the habit of eating when you're not hungry or piling your plate too high. Luckily, dietitian Lisa Urquhart is here to help…

Have you ever forgotten what you ate or felt cravings even after a satisfying meal? Or finished eating so fast you felt like you needed to catch your breath? These are all signs that you could benefit from practising mealtime mindfulness.

Mindfulness is a non-judgemental focus of emotions, thoughts and sensations. Evidence shows that it can reduce cravings and appetite, and help with portion control. This can ultimately assist with weight management and improve our relationship with food. If that sounds good to you, here's how to start:

● **THINK ABOUT YOUR FEELINGS**
Do you eat only when you're hungry? If the reason you seek food is due to a different emotion (like loneliness, stress or tiredness) try to identify that emotion and seek out a better solution, such as sleep, meditation or exercise. This can help reduce your risk of overeating.

● **SLOW DOWN AND CHEW**
Eating too quickly has been linked to weight gain and, in turn, type 2. Switch off distractions such as the TV and mobile phone, and concentrate on the meal and your surroundings. Put your cutlery down between each mouthful. Try to chew slowly and enjoy the sensation of food in your mouth. Notice the textures, flavours and aromas. This will help you feel more aware of your fullness.

● **AVOID AUTOPILOT EATING**
Do you always munch on snacks at your desk? Or do you frequently have two slices of toast with your morning eggs, even if you're not particularly hungry? Instead of mindlessly upholding these habits, try to listen to your body and stop eating when you've had enough.

● **DITCH THE LABELS** Thinking of foods as 'good' and 'bad' can lead to overeating, body dissatisfaction and a cycle of negativity that's hard to break. Instead, try to focus on how a meal will nourish your body, or how a dessert can satisfy your sweet tooth, rather than having judgemental thoughts about it.

For more information on mindfulness, contact an accredited practising dietitian or clinical psychologist with an interest in this area.



Your shopping list

GROCERIES

- ☐ 250g pkt SunRice Low GI White Steamed Rice
- ☐ 30g jar Masterfoods Mexican Chilli Powder
- ☐ 450g jar Always Fresh Fire Roasted Peppers
- ☐ 190g jar basil pesto
- ☐ 700g bottle Macro Organic Passata
- ☐ 330g pkt burghul (cracked wheat)
- ☐ 300g can chickpeas
- ☐ Small pkt brown mustard seeds
- ☐ 30g jar garam masala
- ☐ 165ml can TCC Light Coconut Milk
- ☐ 500g pkt Birds Eye Country Harvest (Peas, Corn & Capsicum)

FRUIT AND VEGETABLES

- ☐ 1 pkt fresh curry leaves
- ☐ 1 brown onion
- ☐ 300g low-GI potatoes
- ☐ ½ head cauliflower
- ☐ 4 large zucchini
- ☐ 75g baby spinach leaves
- ☐ 500g orange sweet potato
- ☐ 1 stalk lemongrass
- ☐ 1 bunch asparagus
- ☐ 80g green beans
- ☐ 1 bunch broccolini
- ☐ 1 bunch basil
- ☐ 1 orange
- ☐ 1 eggplant
- ☐ 50g rocket leaves
- ☐ 1 avocado
- ☐ 1 red onion
- ☐ 1 bunch coriander
- ☐ 1 lime
- ☐ 2 lemons
- ☐ 1 large carrot

MEAT AND POULTRY

- ☐ 250g skinless chicken breast fillet
- ☐ 150g extra-lean beef mince
- ☐ 2 x 100g veal leg steaks

SEAFOOD

- ☐ 300g boneless firm white fish fillets

CHILLED

- ☐ 625g pkt Latina Spinach & Ricotta Tortellini
- ☐ 300g low-fat ricotta
- ☐ 250g container extra-light sour cream
- ☐ 375g pkt filo pastry
- ☐ 500g tub low-fat Greek-style plain yoghurt

PANTRY

- ☐ Olive oil
- ☐ Extra virgin olive oil
- ☐ Cooking spray
- ☐ Olive oil cooking spray
- ☐ Massel Salt Reduced Chicken Style Stock Powder
- ☐ Grated light mozzarella
- ☐ Salt-reduced soy sauce
- ☐ 4 cloves garlic
- ☐ Low-fat milk
- ☐ 2 x 50g eggs
- ☐ Rice flour
- ☐ Fish sauce
- ☐ Currants
- ☐ Ground sumac
- ☐ Wholemeal grain bread
- ☐ Wholemeal plain flour
- ☐ Freshly ground black pepper



SCAN AND SAVE
Use the free ***viewa*** app to scan this page and save this list to your phone. Handy!



Chickpea, burghul and sweet potato salad

PREPARATION TIME: 10 MINS
COOKING TIME: 20 MINS
SERVES 2 (AS A MAIN)

45g (¼ cup) burghul (cracked wheat)
250g orange sweet potato, peeled, chopped
1 large zucchini, chopped
2 cloves garlic, crushed
3 tsp extra virgin olive oil
100g low-fat ricotta
Olive oil cooking spray
300g can chickpeas, rinsed, drained
25g (1 cup) baby spinach leaves
1 cup basil leaves
Freshly squeezed juice of ½ orange
Freshly ground black pepper, to serve

1 Put burghul in a small heatproof bowl. Pour over enough boiling water to cover. Set aside for 15 minutes.
2 Meanwhile, preheat oven to 200°C (fan-forced). Line a small roasting pan and a small oven tray with baking paper. Put sweet potato, zucchini, garlic and 2 tsp of the oil in a medium bowl and toss to coat. Arrange, in a single layer, in prepared pan. Crumble ricotta and sprinkle over prepared tray. Spray with cooking spray. Roast for 20 minutes or until vegetables are tender and ricotta is golden brown.
3 Drain burghul and put in a large bowl with roasted vegetables, chickpeas, spinach and basil. Toss to combine. Whisk orange juice with remaining oil. Drizzle over salad, sprinkle with pepper and serve.



Mexican beef parcels

PREPARATION TIME: 15 MINS
COOKING TIME: 30 MINS
SERVES 2 (AS A MAIN)

½ tsp olive oil
150g extra-lean beef mince
2 tsp Masterfoods Mexican Chilli Powder
140g (1 cup) Birds Eye Country Harvest (Peas, Corn & Capsicum)
125ml (½ cup) Macro Organic Passata
6 sheets filo pastry
Cooking spray
125g (½ pkt) SunRice Low GI White Steamed Rice, heated following pack instructions
50g egg, lightly whisked
¼ small avocado, mashed until smooth, to serve
2 Tbsp extra-light sour cream, to serve
Extra coriander leaves, to serve

Salsa
½ small red onion, finely chopped
¼ cup coriander leaves
Zest and freshly squeezed juice of ½ lime

1 Heat oil in a medium non-stick frying pan over a medium-high heat. Add mince. Cook, stirring often, for 2-3 minutes or until browned. Add chilli powder and cook, stirring, for 1 minute. Add vegies and cook for 1 minute. Add passata and stir to combine. Set aside for 10 minutes to cool slightly.
2 Preheat oven to 190°C (fan-forced). Line an oven tray with baking paper. Lay 1 sheet of pastry on a clean surface. Spray with cooking spray. Top with another sheet of pastry. Spray with cooking spray and top with a final sheet of pastry. Repeat with the remaining 3 sheets of filo to make a second stack. Divide rice between filo stacks, arranging it along a short side, leaving a 2.5cm gap at each edge. Top with mince mixture. Brush pastry edges with a little egg. Fold in edges and roll up to form a parcel. Transfer to prepared tray. Brush with egg. Bake for 20-25 minutes or until pastry is golden brown.
3 Meanwhile, to make salsa, combine all ingredients in a small bowl.
4 To serve, cut parcels in half. Put two pieces on each serving plate. Serve with mashed avocado, sour cream, salsa and extra coriander.

COOK'S TIP

You can use 2 green shallots, finely chopped, instead of onion, and mint or parsley in place of coriander.



Sumac-crusted veal with carrot, avocado and currant salad

PREPARATION TIME: 15 MINS PLUS 15 MINS CHILLING
COOKING TIME: 10 MINS
SERVES 2 (AS A MAIN)

2 x 100g veal leg steaks
2 Tbsp wholemeal plain flour or gluten-free plain flour
50g egg
2 slices wholemeal grain bread or gluten-free bread, processed into crumbs ➤



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Turn versatile, ***low-GI potatoes*** into wonderful dishes that will steal the mealtime show!

- Carisma Potatoes are full of flavour and so versatile – you can boil, mash or roast them.
- To achieve the low-GI rating, cook until al dente. It's easy! Just follow the instructions on the pack.
- Carisma Potatoes are the only certified potatoes in Australia to carry the official low-GI symbol, awarded by the Glycemic Index Foundation.
- Carisma Potatoes have a GI value of 55, while other varieties have an average of 77*.
- Proudly Australia grown, they're low in fat and are packed full of nutrients and they simply taste great.
- You'll find delicious low-GI Carisma Potatoes exclusively at Coles Supermarkets, nationwide#.

For more information, visit carismapotatoes.com.au

Potato Salad with Red Onion

Serves 8

Place 1 kg Carisma potatoes, cut into 2 cm cubes in a saucepan of salted boiling water and cook until just tender. Drain potatoes and place in a bowl.

Combine; 100 ml ollo extra virgin olive oil, 1 medium red onion, cut into slices and a juice of 1 lemon in a separate bowl and mix well. Add dressing to the warm potatoes, together with the sliced red onion and parsley, and toss well.

Season with fresh herbs, salt and pepper.

Carisma™ Potatoes

The GI value may vary depending on the cooking method and technique. Carisma potatoes are exclusive to Coles. ® © and TM, The University of Sydney, used under licence. CD4097

* Data sourced from NUTTAB. #Unavailable in Tasmania.

1 Tbsp ground sumac
Zest of ½ lemon
Olive oil cooking spray
Lemon wedges, to serve

Carrot, avocado and currant salad
1 large carrot, coarsely grated
½ bunch coriander, leaves picked
1 Tbsp currants
¼ avocado, chopped
2 Tbsp low-fat Greek-style plain yoghurt
1 Tbsp freshly squeezed lemon juice

1 **Preheat oven** to 190°C (fan-forced). Line an oven tray with baking paper. Pound veal steaks between two sheets of baking paper until thin. Put flour on a plate. Whisk egg in a shallow bowl. Combine breadcrumbs, sumac and lemon zest on a plate. Coat veal in flour, then egg, followed by breadcrumbs mixture. Refrigerate for 15 minutes to chill.
2 **To make carrot, avocado and currant salad,** put carrot, coriander, currants and avocado in a medium bowl and toss to combine. Whisk yoghurt and lemon juice in a small bowl.
3 **Transfer veal** to prepared tray. Spray with cooking spray. Bake for 8-10 minutes or until veal is just cooked through. Divide salad between serving plates and drizzle over yoghurt dressing. Add veal to plates and serve with lemon wedges.

COOK'S TIP
For a change of flavour, use skinless chicken breast fillets, cut lengthways into thin pieces, instead of veal steaks. You can also use lime zest in place of lemon and sultanas instead of currants.



Tortellini and spinach cheat's lasagne

PREPARATION TIME: 10 MINS
COOKING TIME: 30 MINS
SERVES 2 (AS A MAIN)

2 large zucchini, thinly sliced lengthways
Olive oil cooking spray
250g Latina Spinach & Ricotta Tortellini
50g (2 cups) baby spinach
250ml (1 cup) Macro Organic Passata
40g (½ cup) grated light mozzarella
25g (1 cup) rocket leaves, to serve

1 **Preheat oven** to 200°C (fan-forced). Line an oven tray with baking paper. Arrange zucchini in a single layer on prepared tray. Spray with cooking spray. Roast for 10-15 minutes or until zucchini is tender. Set aside.
2 **Meanwhile,** cook tortellini in a medium saucepan of boiling water, following pack instructions or until al dente. Drain and rinse under cold water. Set aside.
3 **Layer tortellini,** spinach, passata and zucchini between 2 x 500ml (2 cup) ovenproof dishes. Sprinkle with cheese. Put dishes on an oven tray. Bake for 10-15 minutes or until cheese melts and lasagne is heated through. Serve with rocket leaves.

COOK'S TIP
If you don't have mozzarella, you can use grated reduced-fat tasty cheese instead.



Thai-style fish with greens

PREPARATION TIME: 10 MINS
COOKING TIME: 10 MINS
SERVES 2 (AS A MAIN)

2 Tbsp rice flour
300g boneless firm white fish fillets, cut into 2cm pieces
3 tsp olive oil
1 stalk lemongrass, white part only, finely chopped
2 cloves garlic, finely chopped
1 bunch asparagus, woody ends trimmed, diagonally sliced
80g green beans, diagonally sliced
1 bunch broccolini, cut into 4cm lengths
1 Tbsp water
2 Tbsp freshly squeezed lime juice
3 tsp salt-reduced soy sauce or gluten-free soy sauce
2 tsp fish sauce or gluten-free fish sauce
125g (½ pkt) SunRice Low GI White Steamed Rice, heated following pack instructions, to serve

1 **Put rice flour** on a plate. Add fish and turn to coat, shaking off any excess. Heat 2 tsp of the oil in a large non-stick wok over a medium-high heat. Add fish and cook for 2-3 minutes, turning often, or until fish is cooked and crisp. Transfer to a plate.
2 **Heat remaining oil** in the wok over a medium-high heat. ➤

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Add lemongrass, garlic, asparagus, beans and broccolini. Stir-fry for 2 minutes. Add water, cover and cook for 1-2 minutes or until vegies are just tender. Combine lime juice, soy sauce and fish sauce in a small bowl. Add to wok and toss to combine. Return fish to wok and stir to heat through.
3 **Divide rice** between shallow serving bowls. Serve with stir-fry.

COOK'S TIP

You can replace the broccolini with 150g broccoli, cut into small florets, and the lime juice with lemon juice.



Eggplant and ricotta stacks

PREPARATION TIME: 15 MINS
COOKING TIME: 10 MINS
SERVES 2 (AS A MAIN)

250g orange sweet potato, cut into 1cm-thick slices
60ml (¼ cup) water
Olive oil cooking spray
1 eggplant, cut into 1cm-thick slices
200g low-fat ricotta
3 Tbsp low-fat milk
2 Tbsp basil pesto
150g roasted red capsicum, drained, cut into pieces
25g (1 cup) rocket leaves
1 tsp extra virgin olive oil, to serve
Freshly squeezed lemon juice, to serve
Small basil leaves, to serve
Freshly ground black pepper, to serve

1 **Put sweet potato** and water in a shallow microwave dish. Cover and cook on high/100% for 4 minutes or until just tender. Drain and set aside.
2 **Preheat a chargrill pan** on medium-high. Spray both sides of eggplant with cooking spray. Add to chargrill and cook, in batches if necessary, for 2 minutes on each side or until cooked through. Transfer to a plate.
3 **Put ricotta,** milk and pesto in a small bowl. Whisk to combine.
4 **To serve,** arrange half the eggplant on serving plates in a circular pattern. Spread with a little of the ricotta mixture. Top with a layer of sweet potato followed by ricotta mixture, capsicum and rocket. Spoon over remaining ricotta mixture. Top with a final layer of eggplant. Drizzle with oil and lemon juice, and sprinkle with pepper and basil leaves. Serve.



Indian chicken curry

PREPARATION TIME: 15 MINS
COOKING TIME: 40 MINS
SERVES 2 (AS A MAIN)

2 tsp olive oil
20 fresh curry leaves
2 tsp brown mustard seeds
250g skinless chicken breast fillet, trimmed of fat, cut into 2.5cm pieces
1 brown onion, cut into thin wedges
2 tsp garam masala
125ml (½ cup) TCC Light Coconut Milk
1 tsp Massel Salt Reduced Chicken Style Stock Powder
250ml (1 cup) water
300g low-GI potatoes, chopped
250g cauliflower, cut into small florets
1 large zucchini, chopped

1 **Heat ½ the oil** in a medium saucepan over a medium-high heat. Add curry leaves and mustard seeds and cook, stirring often, for 2-3 minutes or until leaves are crisp. Transfer to a plate lined with paper towel. Add chicken and cook for 2 minutes or until just browned. Remove from pan and set aside.
2 **Heat remaining oil** in the same saucepan over a medium heat. Add onion and cook, stirring occasionally, for 7-8 minutes or until onion softens and starts to brown slightly. Remove ½ the onion from the pan and set aside. Add garam masala to remaining onion and cook, stirring, for 1 minute. Add half the cooked curry leaves mixture.
3 **Add coconut milk,** combined stock powder and water, potato and cauliflower to the pan. Cover and bring to a simmer over a medium heat. Cook, partially covered, for 20 minutes or until potato is just tender. Add chicken and zucchini to the pan. Cook, uncovered, for 5 minutes.
4 **Divide curry** between shallow serving bowls. Combine reserved onion, mustard seeds and curry leaves in a small bowl. Sprinkle mixture over curry and serve.

COOK'S TIP

You can replace the zucchini with green beans. If you can't find curry leaves, just omit them and stir through some coriander leaves just before serving. ■

RECIPES ALISON ROBERTS; LISA URQUHART, DIETITIAN **PHOTOGRAPHY** BEN DEARNLEY **STYLING** VANESSA AUSTIN **FOOD PREPARATION** CLAIRE DICKSON-SMITH

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AT ITS BEST

Australia's varied climate means that watermelon is available all year round, but it's at its peak from December to May.

Most watermelons are round or cylindrical, with mottled green skin and pink to red flesh. Although they traditionally have small, brown seeds, seedless watermelon has been available for several decades in Australia.

SELECT

Watermelon does not ripen after picking, so it should be ripe when you buy it. When buying a whole melon, look for one that is firm and free of blemishes. When tapped it should have a hollow sound.

If you are purchasing cut watermelon, choose a piece with firm flesh and an even colour. In winter the flesh may be paler than in summer.

PREPARE

Simply cut watermelon into slices and enjoy! The rind is usually kept on when serving, to make the melon easier to hold. Only the crimson flesh is eaten, not the white.

STORE

Keep whole watermelon in a cool, well-ventilated place out of direct sunlight for up to two weeks. Once cut, cover the piece with plastic wrap and store in the fridge for up to three days.

NUTRITION

Watermelon often gets a bad rap as it's classed as a high-GI food (GI 72). However, it has a very low glycaemic load (GL 4), meaning its actual effect on blood glucose levels (BGLs) is quite minimal. This is because it has a high water to carbohydrate ratio: 100g of watermelon contains only 7g of carbohydrate (half a carb exchange).

Watermelon is also high in vitamin C, making it a great immune booster.

PER 100g 127kJ, **protein** 0.4g, **total fat** 0.3g (sat. fat 0.1g), **carbs** 7g, **fibre** 1g, **sodium** 2mg. • **Carb exchanges** ½. • **GI estimate** high.

QUICK IDEAS

- Chop watermelon and store in resealable plastic bags in the freezer. Suck the frozen fruit to cool down on a hot day, or whip up a refreshing drink by blending ice cubes, watermelon, chopped apple and strawberry with a little cold water.
- Make your own fruity iceblocks by blending watermelon pieces with strawberries. Stir in passionfruit pulp and freeze in iceblock moulds.
- For a delicious side salad, toss cubes of watermelon with spinach or rocket, crumbled feta and cucumber. Drizzle with balsamic vinegar and serve. ➤

How our food works for you
see page 98

nutrition info

PER SERVE 318kJ, **protein** 2g, **total fat** 1.2g (sat. fat 1g), **carbs** 13g, **fibre** 2g, **sodium** 27mg.

- **Carb exchanges** 1.
- **GI estimate** medium.
- **Gluten free.**

gluten free

Fruity dessert pizza

This new-wave fruit platter runs rings around the rest – and you eat the dish!

see recipe, page 60 >>



Watermelon, peach and strawberry slushies

It's the coolest way to get your daily fruit serves!

see recipe, page 60 >>

nutrition info

PER SERVE 416kJ, **protein** 3g, **total fat** 0.5g (sat. fat 0.1g), **carbs** 19g, **fibre** 4g, **sodium** 25mg.

- **Carb exchanges** 1⅓.
- **GI estimate** medium.
- **Gluten free.**

gluten free

If you fancy it frozen, **try this icy fruit cocktail – it's like a *DAIQUIRI* without the rum!**

nutrition info

PER SERVE 120kJ, **protein** 1g, **total fat** 1.3g (sat. fat 0.2g), **carbs** 3g, **fibre** 1g, **sodium** 6mg.
- **Carb exchanges** ¼.
- **GI estimate** medium.
- **Gluten free.**

gluten free



Watermelon and cucumber salsa

Pump up the flavour and take your dinner from dull to delish.

see recipe, page 60 >>

Equally at home in sweet and savoury dishes, *REFRESHING* melon can really make a meal!



Fruity dessert pizza

PREPARATION TIME: 10 MINS
COOKING TIME: NIL
SERVES 4 (AS A SNACK OR DESSERT)

2.5cm-thick round slice seedless watermelon
1 kiwifruit, peeled, cut into rounds
6 cherries, pitted, halved
3 strawberries, roughly chopped
60g piece peeled and cored pineapple, cut into small wedges
2 Tbsp low-fat vanilla yoghurt
1 Tbsp skim milk
10g coconut chips, to serve
2 Tbsp small mint leaves, to serve

1 Put watermelon slice on a serving plate. Sprinkle over kiwifruit, cherry, strawberry and pineapple, so the fruit resembles a pizza.
2 Whisk yoghurt and milk in a small bowl until combined. Drizzle over pizza. Sprinkle over coconut chips and mint leaves. Cut into wedges and serve.



Watermelon, peach and strawberry slushies

PREPARATION TIME: 10 MINS
COOKING TIME: NIL
SERVES 2 (AS A SNACK OR DESSERT)

200g peeled seedless watermelon, chopped, frozen (see Cook's Tip)
200g chilled peach flesh, chopped
125g chilled strawberries, hulled, chopped
1 cup ice cubes
200ml chilled coconut water
Freshly squeezed juice of ½ lime

1 Put watermelon, peach, strawberry, ice cubes, coconut water and lime juice in a blender. Cover and blend until smooth.
2 Divide mixture between 2 tall serving glasses. Serve.

COOK'S TIP

To prepare frozen watermelon, cut into small cubes and put in a small resealable freezer bag. Freeze for 6 hours or until frozen.



Watermelon and cucumber salsa

PREPARATION TIME: 10 MINS PLUS 15 MINS STANDING
COOKING TIME: NIL
SERVES 4 (AS AN ACCOMPANIMENT)

150g peeled seedless watermelon, finely chopped
½ small red onion, finely chopped
½ Lebanese cucumber, deseeded, finely chopped
2 Tbsp shredded mint or coriander
1 tsp extra virgin olive oil
Finely grated zest of ¼ lime
Freshly squeezed juice of ½ lime

1 Put all ingredients in a small bowl and toss well to combine. Set aside for 15 minutes to allow the flavours to develop. Serve immediately or cover and store in the fridge for up to 1 day.

COOK'S TIP

To make a complete meal, serve salsa with 100g (per person) grilled or barbecued chicken, pork or fish, a low-carb salad and a piece of corn each or a small wholemeal, sourdough or gluten-free roll. ■

RECIPES ALISON ROBERTS; LISA URQUHART, DIETITIAN **PHOTOGRAPHY** BRETT STEVENS **STYLING** KRISTEN WILSON **FOOD PREPARATION** WENDY QUISUMBING

SWEETEN YOUR Summer WITH equal NEXT

WILD BERRY MOJITO

Serves 4

8-12 fresh mint leaves
12 blueberries
12 fresh red raspberries
2 Tbsp fresh lime juice
2-3 **Equal NEXT sachets**
500ml soda water
lime slices, to garnish
mint sprigs, to garnish

1. Put mint and berries into a large glass pitcher or jug. Use the end of a rolling pin to lightly squash berries.
2. Combine lime juice and Equal in a small jug and add to berries, stirring until combined.
3. Add ice to pitcher or jug with a few slices of lime. Top with soda water and garnish with mint sprigs and lime slices.

Per Serve: Energy 51.9 kJ, Protein 0.3 g, Total fat 0.09 g, Saturated fat 0.02 g, Carbohydrate 1.6 g, Sugars 0.9 g, Dietary fibre 1.2g, Sodium 28.1 mg



For the latest product news and recipes visit us:

equal choice.com.au/equalnext



Lemon and passionfruit butterfly cakes

Set hearts aflutter with these little pretties – they'll fly right off the plate.

see recipe, page 68 >>

How our food works for you

see page 98

nutrition info

PER SERVE 654kJ, **protein** 3g, **total fat** 4g (sat. fat 1g), **carbs** 25g, **fibre** 2g, **sodium** 251mg.

- **Carb exchanges** 1⅔.
- **GI estimate** medium.

Fair dinkum delicious

Bring your celebrations home with flavoursome finishes starring ***true-blue classics*** – with a twist!



nutrition info

PER SERVE 526kJ, **protein** 3g, **total fat** 1g (sat. fat 0.6g), **carbs** 27g, **fibre** 1g, **sodium** 48mg.

- **Carb exchanges** 1⅔.
- **GI estimate** medium.
- **Gluten-free option.**

Tropical pavlova cake

A real national treasure, this show stopper will have your guests going troppo.

see recipe, page 68 >>



Anzac cookies and cream ice-cream

Our Aussie remake of a Yankee flavour deserves a salute!

see recipe, page 70 >>

nutrition info

PER SERVE 604kJ, **protein** 4g, **total fat** 3.9g (sat. fat 1.4g), **carbs** 18g, **fibre** 2g, **sodium** 59mg.

- **Carb exchanges** 1¼.
- **GI estimate** medium.

nutrition info

PER SERVE 447kJ, **protein** 3g, **total fat** 2g (sat. fat 0.6g), **carbs** 19g, **fibre** 2g, **sodium** 145mg.
• **Carb exchanges** 1⅓.
• **GI estimate** medium.



Blueberry lemon scones

A tangy citrus glaze and plump berries make this a not-so-humble scone.

see recipe, page 70 >>



nutrition info

PER SERVE 221kJ, **protein** 1g, **total fat** 2.8g (sat. fat 0.5g), **carbs** 6g, **fibre** 0.3g, **sodium** 35mg.

- **Carb exchanges** ⅓.
- **GI estimate** medium.

Chocolate, honey and macadamia crackles

Snap up our grown-up version of a true childhood classic.

see recipe, page 71 >>



nutrition info
PER SERVE 769kJ, **protein** 4g, **total fat** 6.7g (sat. fat 2.8g), **carbs** 25g, **fibre** 3g, **sodium** 162mg.
• **Carb exchanges** 1⅔.
• **GI estimate** medium.

Chocolate Tim Tam cake

Gorgeously gooey… patriotism never tasted so good!

see recipe, page 71 >>

Strawberry lamington bites

PREPARATION TIME: 15 MINS
COOKING TIME: NIL
MAKES 16 (1 PER SERVE AS A DESSERT)

250g punnet strawberries, hulled, chopped
1 Tbsp water
125g low-fat vanilla yoghurt
105g (1¼ cups) desiccated coconut
225g rectangular plain sponge cake or gluten-free sponge cake

1 **Put strawberry** and water in a small food processor and process until smooth. Push mixture through a fine sieve into a shallow bowl, discarding pulp. Stir in yoghurt. Put coconut on a large tray.
2 **Cut sponge** into 16 pieces. Using a sharp knife, trim away the outside edges of the cake.
3 **Dip sponge pieces** in strawberry mixture then roll in the coconut. Arrange on serving plates. Serve.

COOK'S TIP

Keep these in an airtight container in the fridge for up to 5 days.



Lemon and passionfruit butterfly cakes

PREPARATION TIME: 15 MINS
COOKING TIME: 20 MINS
MAKES 12 (1 PER SERVE AS A DESSERT)

Cooking spray
70g light margarine
110g (½ cup) caster sugar
1 tsp vanilla extract
50g egg, separated
120g (¾ cup) wholemeal self-raising flour
75g (½ cup) plain flour
1 tsp baking powder
140g tub unsweetened apple puree
125ml (½ cup) low-fat milk
1 eggwhite (from 50g egg)
3 Tbsp lemon curd
2 passionfruit, pulp removed
1 Tbsp thick low-fat Greek-style plain yoghurt
Icing sugar, to serve

1 **Preheat oven** to 170°C (fan-forced). Line 12 x 80ml (⅓ cup) muffin tins with paper cases. Spray cases with cooking spray. Using electric beaters, beat margarine, sugar and vanilla in a medium bowl until smooth. Beat in egg yolk. Sift flours and baking powder into a medium bowl, returning husks to bowl. Add half the flour mixture and the apple puree to margarine mixture and stir until combined. Add remaining flour and milk and stir until smooth. Using clean electric beaters, whisk the 2 eggwhites in a small bowl until soft peaks form. Fold into flour mixture until well combined.
2 **Divide mixture** evenly between paper cases and smooth the surfaces. Bake for 18-20 minutes or until a skewer inserted into the centre of a cake comes out clean. Set aside to cool.
3 **Using a small serrated knife,** angled slightly inwards, cut a 2cm-deep x 3cm-wide piece from the top of each cake. Cut cake tops in half, trimming a little to form wing shapes. Combine lemon curd, passionfruit and yoghurt in a small bowl. Spoon mixture evenly between cakes. Arrange 2 cake top pieces on each cake to resemble wings. Dust with icing sugar. Serve.



Tropical pavlova cake

PREPARATION TIME: 10 MINS PLUS 1 HOUR COOLING
COOKING TIME: 40 MINS
SERVES 12 (AS A DESSERT)

170g tub five:am Coconut Yoghurt
1 mango, flesh thinly sliced
8 canned lychees, drained, halved or quartered
1 large banana, diagonally sliced
1 Tbsp toasted coconut chips
Small mint leaves, to serve (optional)

Pavlova cake

Cooking spray
8 eggwhites (from 50g eggs)
220g (1 cup) caster sugar
3 tsp white vinegar
3 tsp cornflour or gluten-free cornflour
1 tsp vanilla extract

1 **To make pavlova cake,** preheat oven to 150°C (fan-forced). Spray a 22cm (base measurement) non-stick springform tin with cooking spray. Line base and sides with baking paper. Put eggwhites and sugar in a clean, dry bowl. Using an electric mixer on medium-high, whisk for 5 minutes or until thick and glossy.
2 **Using a large metal spoon,** carefully fold in vinegar, cornflour and vanilla. Spoon half the mixture into prepared tin, pushing it to the sides to prevent any large air bubbles forming. Add remaining mixture, firmly packing it in, then smooth the surface. Reduce oven temperature to 120°C (fan-forced). Bake for 40 minutes or until cake is just cooked. Turn off oven and use ➤



Strawberry lamington bites

Tickle 'em pink with this fresh take on an Aussie icon. It's berry nice!

see recipe, opposite

nutrition info

PER SERVE 404kJ, **protein** 2g, **total fat** 5.2g (sat. fat 3.8g), **carbs** 10g, **fibre** 2g, **sodium** 51mg.

- **Carb exchanges** ⅔.
- **GI estimate** medium.
- **Gluten-free option**.

a wooden spoon to hold the door ajar. Leave to cool in oven for 1 hour.
3 Remove sides of tin. Line a large, flat plate with baking paper. Put plate, with baking paper, on top of cake. Turn out cake onto plate. Remove base and baking paper. Invert cake onto a serving plate. Whisk yoghurt in a small bowl until smooth. Spread over cake. Top with mango, lychee and banana. Sprinkle over coconut chips and mint, if using. Cut into pieces and serve.

COOK'S TIP

Keep this pavlova cake in the fridge for up to 2 days.



Anzac cookies and cream ice-cream

PREPARATION TIME: 15 MINS PLUS 15 MINS COOLING AND 3 HOURS FREEZING
COOKING TIME: 20 MINS
SERVES 12 (AS A DESSERT)

90g (1 cup) rolled oats
80g (½ cup) wholemeal plain flour
3 Tbsp brown sugar
1 tsp ground cinnamon
40g light margarine, melted
1 Tbsp golden syrup
1 Tbsp no-added-sugar apple juice
1.2L Peters No Sugar Added Creamy Vanilla ice-cream
Fresh berries, to serve (optional)

1 Preheat oven to 170°C (fan-forced). Line an oven tray with baking paper. Combine oats, flour, sugar and cinnamon in a medium bowl. Add margarine, syrup and apple juice. Mix until well combined. Using your fingertips, crumble mixture onto the prepared tray. Bake for 15-20 minutes or until biscuit is golden brown and crunchy. Set aside for 15 minutes to cool. Reserve ½ cup of biscuit pieces in a small airtight container.
2 Scoop ice-cream into a large bowl and set aside for 10 minutes to soften slightly. Using a large spoon, mix until smooth. Add biscuit mixture and stir until combined. Transfer to a shallow freezer-proof container or dish. Cover and freeze for 2-3 hours or until frozen. To serve, divide between serving bowls and sprinkle with reserved biscuit pieces. Sprinkle over fresh berries, if using. Serve.

COOK'S TIP

Store the ice-cream in the freezer for up to 1 month.



Blueberry lemon scones

PREPARATION TIME: 15 MINS
COOKING TIME: 25 MINS
MAKES 15 (1 PER SERVE AS A DESSERT)

160g (1 cup) wholemeal self-raising flour
115g (¾ cup) self-raising flour
1 Tbsp caster sugar
Finely grated zest of ½ lemon
40g light margarine
125g punnet blueberries
185ml (¾ cup) buttermilk

Lemon glaze
60g (⅓ cup) pure icing sugar
Zest of ½ lemon, plus extra to serve
2-3 tsp freshly squeezed lemon juice

1 Preheat oven to 200°C (fan-forced). Line an oven tray with baking paper.
2 Put flours, sugar and lemon zest in a medium bowl and stir to combine. Using your fingertips, rub in margarine until the mixture resembles fine breadcrumbs. Stir in blueberries. Using a flat-bladed knife, mix in buttermilk.
3 Turn out dough onto a lightly floured surface. Knead gently until dough just comes together. Roll out to form a 14cm x 22cm rectangle about 2cm thick. Put on prepared tray. Using a small serrated knife, cut dough into 15 pieces, being careful not to cut all the way through. Bake for 20-22 minutes or until scones are golden. Set aside to cool.
4 To make lemon glaze, sift icing sugar into a small bowl. Stir in lemon zest. Add enough lemon juice to form a smooth paste. Drizzle or spread glaze over scones. Sprinkle over extra lemon zest. Break into pieces and serve.

RECIPES ALISON ROBERTS; LISA URQUHART, DIETITIAN **PHOTOGRAPHY** BRETT STEVENS **STYLING** AMBER KELLER **FOOD PREPARATION** MAX ADEY

From bonza bakes to creamy treats, these *RIPPER* puds deserve a round of applause!



Chocolate, honey and macadamia crackles

PREPARATION TIME: 10 MINS
COOKING TIME: 25 MINS
MAKES 24 (1 PER SERVE AS A DESSERT)

40g light margarine
3 Tbsp honey
2 Tbsp cocoa powder, sifted
90g (2½ cups) Kellogg's Rice Bubbles
50g unsalted macadamia nuts, finely chopped
50g egg, lightly whisked

1 **Preheat oven** to 160°C (fan-forced). Line 20 x 30ml (1½ Tbsp) mini muffin tins with paper cases. Put margarine, honey and cocoa powder in a small saucepan over a medium heat. Cook, stirring, for 4-5 minutes or until the mixture is well combined. Set aside for 10 minutes to cool slightly.
2 **Put Rice Bubbles,** honey mixture, nuts and egg in a medium bowl. Mix until well combined. Spoon mixture evenly between paper cases. Bake for 16-20 minutes or until crackles are crisp. Set aside to cool. Serve.

COOK'S TIP

These can be kept in an airtight container for up to 5 days.



Chocolate Tim Tam cake

PREPARATION TIME: 20 MINS
COOKING TIME: 20 MINS
SERVES 12 (AS AN OCCASIONAL DESSERT)

Cooking spray
70g light margarine
80g (½ cup) brown sugar
140g tub SPC Little Tub of Puree Apple With Strawberry Puree
50g egg, separated
1 tsp vanilla extract
35g (⅓ cup) cocoa powder
160g (1 cup) wholemeal self-raising flour
1 Tbsp plain flour
125ml (½ cup) low-fat milk
1 eggwhite (from 50g egg)
4 x 62g tubs Nestlé Soleil Chocolate Mousse, whisked until smooth
4 Arnott's Original Tim Tams, chopped

1 **Preheat oven** to 160°C (fan-forced). Spray 2 x 18cm springform cake tins with cooking spray. Line the bases and sides with baking paper.
2 **Using a wooden spoon,** combine margarine and sugar in a medium bowl. Add puree, egg yolk and vanilla. Mix until smooth. Sift cocoa powder and flours over mixture, returning husks to bowl. Add milk and stir until combined. Using electric beaters, whisk the 2 eggwhites in a small clean, dry bowl until soft peaks form. Add to cocoa mixture and, using a metal spoon, fold in until well combined.
3 **Divide mixture evenly** between prepared tins and smooth the surfaces. Bake for 15-20 minutes or until a skewer inserted into the centre of cakes comes out clean. Set aside for 10 minutes before turning out onto a wire rack to cool completely.
4 **Put 1 cake** on a serving plate. Spread half the mousse over the top of the cake. Sprinkle over half the chopped Tim Tam. Top with the remaining cake. Spread over remaining mousse and sprinkle over remaining Tim Tam. Cut cake into pieces and serve.

COOK'S TIP

This cake can be kept in an airtight container for up to 3 days. ■

5 WAYS WITH quinoa

Fall in love with this versatile, protein-packed superseed. Our ***foolproof guide*** will help you add texture, taste and variety to every meal of the day!



Mini ricotta cheesecakes with honey-toasted quinoa crunch

Bring home the baking with these little lovelies. They're easy-cheesy!

see recipe, page 78 >>



How our food works for you
see page 98

nutrition info

PER SERVE 579kJ, **protein** 7g, **total fat** 3.6g (sat. fat 1.9g), **carbs** 19g, **fibre** 2g, **sodium** 104mg.
- **Carb exchanges** 1⅓.
- **GI estimate** low.
- **Gluten-free option.**

PER SERVE (with sugar substitute) 476kJ, **protein** 7g, **total fat** 3.6g (sat. fat 1.9g), **carbs** 12g, **fibre** 2g, **sodium** 104mg.
- **Carb exchanges** ¾.
- **GI estimate** low.
- **Gluten-free option.**



nutrition info

PER SERVE 1828kJ, **protein** 38g, **total fat** 14g (sat. fat 4.8g), **carbs** 35g, **fibre** 6g, **sodium** 678mg.

- **Carb exchanges** 2⅓.
- **GI estimate** low.
- **Gluten-free option.**

Warm Moroccan-spiced lamb with quinoa and chickpea salad

This tangy, colourful dish mixes hot and cold to make a meal that's very moreish!

see recipe, page 78 >>



Quinoa chicken meatballs with soba noodles and vegies

Round up the troops for meatballs with an Asian twist. Soba so good!

see recipe, page 80 >>

nutrition info

PER SERVE 1776kJ, **protein** 37g, **total fat** 10g (sat. fat 1.7g), **carbs** 40g, **fibre** 8g, **sodium** 715mg.

- **Carb exchanges** 2⅔.
- **GI estimate** low.

Take your tastebuds on a trip to the east. Your midweek pasta never looked *SO EXOTIC!*

Quinoa-crusted pumpkin, spinach and feta quiche

Get cracking on this egg-cellent tart – the secret ingredient is your nutty new favourite crust!

see recipe, page 81 >>

gluten free



nutrition info

PER SERVE 1045kJ, **protein** 18g, **total fat** 10.2g (sat. fat 4g), **carbs** 20g, **fibre** 5g, **sodium** 310mg.

- **Carb exchanges** 1⅓.
- **GI estimate** low.
- **Gluten free.**



nutrition info

PER SERVE 1309kJ, **protein** 12g, **total fat** 10g (sat. fat 3.6g), **carbs** 40g, **fibre** 8g, **sodium** 84mg.

- **Carb exchanges** 2⅔.
- **GI estimate** low.
- **Gluten free.**

gluten free

Tropical quinoa bircher muesli

It's sunny side up with this bowl of fruity flavours.

see recipe, page 81 >>

How to make perfect quinoa

PREPARATION TIME: 5 MINS
COOKING TIME: 15 MINS
MAKES ABOUT 1 CUP COOKED QUINOA (2 SERVES)

60g (⅓ cup) raw quinoa
185ml (¾ cup) water

1 **Thoroughly rinse quinoa** in a fine sieve under cold running water.
2 **Put quinoa** and water in a small saucepan over a high heat and bring to the boil. Reduce heat to low and cook, covered, for 12-15 minutes or until water is absorbed, quinoa is translucent and germs (or 'tails') are released from the grains.
3 **Set quinoa aside** to rest for 5 minutes. Fluff grains with a fork and serve.

nutrition info

PER SERVE 359kJ, **protein** 3g, **total fat** 1.3g (sat. fat 0.2g), **carbs** 14.6g, **fibre** 1.4g, **sodium** 5mg. • **Carb exchanges** 1. • **GI estimate** low. • **Gluten free.**



Mini ricotta cheesecakes with honey-toasted quinoa crunch

PREPARATION TIME: 10 MINS PLUS 3 HOURS COOLING AND CHILLING
COOKING TIME: 25 MINS
SERVES 6 (AS A DESSERT)

250g low-fat fresh ricotta
50g egg
45g (¼ cup) icing sugar or granulated sugar substitute or gluten-free icing sugar
1 tsp vanilla essence
125g punnet raspberries, to serve
Extra honey, to serve (optional)

Quinoa crunch

45g (¼ cup) raw white or tri-coloured quinoa, rinsed and drained well
1 Tbsp honey
¾ tsp ground cinnamon

1 **Preheat oven** to 160°C (fan-forced). Line 6 x 80ml (⅓ cup) muffin tin holes with paper cases or squares of baking paper. Line an oven tray with baking paper.
2 **Put ricotta,** egg, sugar and vanilla in a medium bowl and beat with electric beaters until the mixture is smooth and well combined. Divide mixture between prepared muffin holes and use the back of a spoon to smooth the tops.
3 **Bake for 25 minutes** or until cheesecakes are just set. Allow to cool in tin for 5 minutes, then remove and set aside on a wire rack for 1 hour or until completely cooled. Refrigerate for at least 2 hours or until cold.
4 **Meanwhile,** to make quinoa crunch, combine all ingredients in a small bowl. Spread in a thin layer over prepared tray. Bake for 15-20 minutes or until mixture starts to crisp. Remove from oven and set aside for 10 minutes to harden. Break into smaller pieces.
5 **Put cheesecakes** on serving plates. Sprinkle with raspberries and quinoa crunch. Drizzle over extra honey, if using. Serve.

COOK'S TIP

You can use frozen raspberries instead of fresh. Simply defrost on paper towels before using.



Warm Moroccan-spiced lamb with quinoa and chickpea salad

PREPARATION TIME: 10 MINS
COOKING TIME: 15 MINS
SERVES 4 (AS A MAIN)

1 tsp Moroccan seasoning
500g lean lamb steaks, trimmed of fat
Cooking spray

Quinoa salad

135g (¾ cup) raw white or tri-coloured quinoa
310ml (1¼ cups) salt-reduced beef stock or gluten-free stock
300g can chickpeas, rinsed and drained
2 small carrots, peeled into thin ribbons
130g (½ cup) low-fat Greek-style plain yoghurt
Freshly squeezed juice of ½ lemon
100g (4 cups) rocket leaves ➤

Good for you

Packed with nutrients and low in carbs, quinoa can be your best friend in the kitchen. Here's why…

It's the healthiest seed you'll meet. Although it's used in similar ways to many grains, quinoa (pronounced 'keen-wah') is not technically a grain, but a seed, and a relative of spinach.

It's great for vegetarians – not only does it have double the protein of most grains, it's a complete protein, meaning it contains all nine essential amino acids.

Quinoa is gluten free and has three times the fibre of brown rice, plus a lower GI.

Quinoa is versatile. It comes in three types: white (the most common), red (which tends to hold its shape better during cooking) and black (which has a sweeter, more earthy flavour). Tri-coloured quinoa is a mix of all three.

Love your couscous? Quinoa is similar and is just as simple to cook. It can also be eaten hot or cold and in sweet or savoury dishes.

It's tasty – but remember to rinse it before cooking. Quinoa produces a natural insecticide coating called saponin, a soapy residue that gives a bitter taste if not removed.

Need more quinoa in your life? You can also buy it flaked, puffed and as flour to use in baking or breakfasts as an alternative to wheat, rice or oats.









Clever ways with quinoa

Toss a handful of cold, cooked quinoa into your salad for a filling lunch.

For a tasty porridge, cook 1 part flaked or white quinoa with 2 parts low-fat milk.

Add quinoa to soups and stews to increase the protein and fibre content.

Boost the protein content of your meal by using quinoa flakes as a crumb for chicken or fish.

1 To make quinoa salad, cook quinoa according to Perfect quinoa recipe method (see page 78), using beef stock instead of water. Set aside to cool slightly.
2 Meanwhile, preheat a medium non-stick frying pan over a medium-high heat. Put Moroccan seasoning on a plate. Add lamb and turn to coat. Spray lamb on both sides with cooking spray. Add to pan and cook for 2-3 minutes on each side for medium-rare, or until cooked to your liking. Set aside.
3 Put quinoa, chickpeas and carrot in a medium bowl and toss well to combine. Combine yoghurt and lemon juice in a small bowl. Slice lamb.
4 Divide rocket between serving plates. Top with quinoa salad and lamb. Drizzle with yoghurt dressing and serve.



Quinoa chicken meatballs with soba noodles and vegies

PREPARATION TIME: 15 MINS
COOKING TIME: 25 MINS
SERVES 4 (AS A MAIN)

400g lean chicken breast mince
60g frozen spinach, defrosted, squeezed to remove excess moisture
65g (½ cup) cooked and cooled white or tri-coloured quinoa
2 cloves garlic, crushed
45g (⅓ cup) sesame seeds
Cooking spray
½ bunch green shallots, thinly sliced, green and white parts separated
1 bunch bok choy, sliced
1 large carrot, peeled, cut into matchsticks
½ red capsicum, deseeded, cut into thin strips
100g snow peas, thinly sliced
1 tsp finely grated fresh ginger
400g pkt Kan Tong Soba Wok Ready Noodles
2 Tbsp salt-reduced soy sauce
60ml (¼ cup) dry sherry
Coriander leaves, to serve (optional)

1 Put mince, spinach, quinoa and garlic in a large bowl and mix until well combined. Roll into small balls. Sprinkle balls all over with sesame seeds. Transfer to a plate.
2 Spray a large non-stick frying pan with cooking spray and heat over a medium heat. Add meatballs and cook, turning often, for 10-15 minutes or until cooked through (test by cutting 1 ball in half). Remove from pan and cover with foil. Set aside.
3 Spray the same pan with cooking spray. Add the white parts of the green shallot, bok choy, carrot, capsicum, snow peas and ginger. Cook, stirring often, for 5 minutes or until vegetables are almost cooked. Meanwhile, cook soba noodles following pack instructions. Add to pan along with soy sauce and sherry. Cook, stirring, for 2 minutes.
4 Divide noodle mixture and meatballs between shallow serving bowls. Sprinkle over green parts of green shallot and coriander, if using. Serve.

RECIPES MEGAN CAMERON-LEE; LISA URQUHART, DIETITIAN **PHOTOGRAPHY** ANDY LEWIS **STYLING** JENN TOLHURST **FOOD PREPARATION** MAX ADEY

From brekkie to sweets; these little seeds add a *BIG BOOST* to any meal



Quinoa-crusted pumpkin, spinach and feta quiche

PREPARATION TIME: 15 MINS
COOKING TIME: 55 MINS
SERVES 4 (AS A LIGHT MEAL)

Cooking spray
6 x 50g eggs
260g (2 cups) cooked and cooled white or tri-coloured quinoa
300g pumpkin, peeled and cut into chunks
½ medium red onion, cut into wedges
100g frozen spinach, defrosted, squeezed to remove excess moisture
125ml (½ cup) low-fat milk
70g reduced-fat feta, crumbled

1 **Preheat oven** to 170°C (fan-forced). Spray a 20cm (base measurement) pie dish with cooking spray. Line an oven tray with baking paper.
2 **Whisk 1 egg** in a medium bowl. Add quinoa and stir to combine. Use the back of a spoon to press mixture over the base and sides of the prepared dish.
3 **Arrange pumpkin** and onion over the prepared tray and spray with cooking spray. Put tray on the bottom rack of the oven and pie dish on the top rack. Bake for 20 minutes or until pumpkin and onion are soft and pie crust is golden. Set aside to cool slightly.
4 **Increase oven temperature** to 200°C (fan-forced). Sprinkle pumpkin, onion and spinach over pie crust.
5 **Meanwhile,** put the 5 remaining eggs in a medium bowl. Add milk and whisk to combine. Pour mixture over vegetables and sprinkle with feta.
6 **Bake for 30-35 minutes** or until quiche is set and golden. Cut into pieces and serve.

COOK'S TIP

A loose-bottomed flan tin is not suitable for this recipe because the egg mixture will leak out of the base.



Tropical quinoa bircher muesli

PREPARATION TIME: 15 MINS PLUS OVERNIGHT CHILLING
COOKING TIME: NIL
SERVES 2 (AS A BREAKFAST)

130g (1 cup) cooked and cooled white or tri-coloured quinoa
150g (¾ cup) low-fat Greek-style plain yoghurt
2 Tbsp no-added-sugar apple juice
½ tsp vanilla essence
2 Tbsp pumpkin seeds
2 passionfruit, pulp removed
1 kiwifruit, peeled and sliced
1 peach (fresh or tinned in natural juice, drained), sliced
1 Tbsp shredded coconut
2 tsp honey

1 **Put quinoa,** yoghurt, apple juice, vanilla and pumpkin seeds in a medium bowl and stir to combine. Divide the mixture between 2 serving bowls and cover with plastic wrap. Refrigerate overnight, to soak.
2 **Remove bircher muesli** from the fridge and top each serving bowl with passionfruit, kiwifruit and peach slices. Sprinkle over coconut, drizzle with honey and serve.

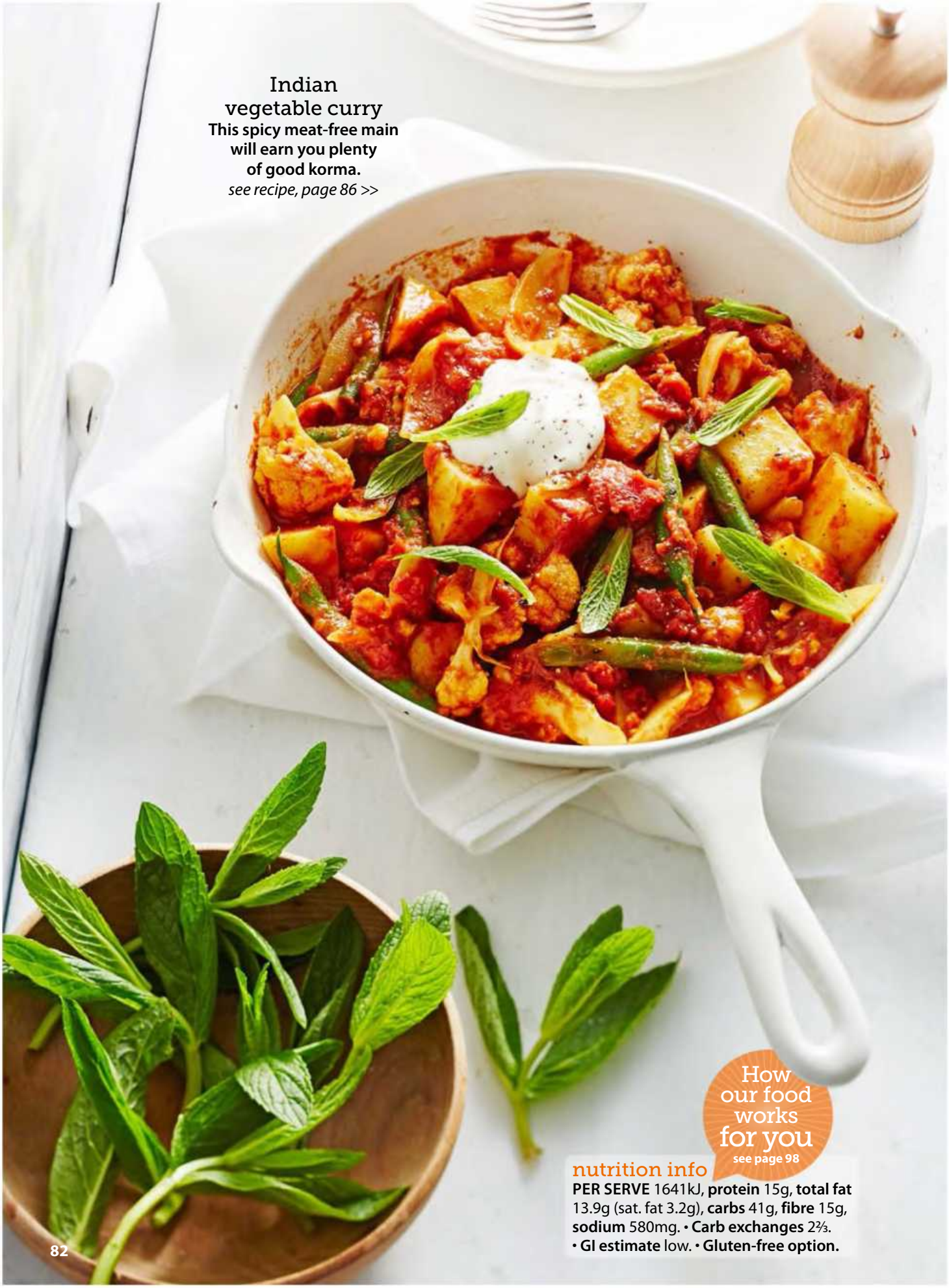
COOK'S TIP

If you are pressed for time and want a quick breakfast, you can simply prepare the bircher muesli and serve it immediately, omitting the overnight chilling. ■

Indian vegetable curry

This spicy meat-free main will earn you plenty of good korma.

see recipe, page 86 >>



How our food works for you

see page 98

nutrition info

PER SERVE 1641kJ, **protein** 15g, **total fat** 13.9g (sat. fat 3.2g), **carbs** 41g, **fibre** 15g, **sodium** 580mg. • **Carb exchanges** 2⅔. • **GI estimate** low. • **Gluten-free option.**

Cooking for one

Dine in style every night with our ***quick and easy,*** fuss-free meals



nutrition info

PER SERVE 2053kJ, **protein** 45g, **total fat** 15.3g (sat. fat 3.8g), **carbs** 38g, **fibre** 9g, **sodium** 209mg.

- **Carb exchanges** 2½.
- **GI estimate** low.
- **Gluten-free option.**

Chicken, asparagus and broccoli pesto pasta

Hey presto! It's pesto in an instant. Bellissimo!

see recipe, page 86 >>

GOOD for YOU

It may not be the prettiest veg to look at, but dark green or purple kale is a delicious and nutritious alternative to spinach. A member of the brassica family, it's full of vitamins, minerals and fibre, and can be eaten cooked or raw. All hail the mighty kale!



Roasted pumpkin, kale, egg and walnut salad

Packed with protein, colour and crunch, it's a dish that wins the green vote.

see recipe, page 87 >>

nutrition info

PER SERVE 1673kJ, **protein** 17g, **total fat** 16.6g (sat. fat 2.6g), **carbs** 41g, **fibre** 10g, **sodium** 245mg.

- **Carb exchanges** 2⅔.
- **GI estimate** low.
- **Gluten-free option.**



nutrition info

PER SERVE 1568kJ, **protein** 25g, **total fat** 16g (sat. fat 4g), **carbs** 31g, **fibre** 5g, **sodium** 325mg.

- **Carb exchanges** 2.
- **GI estimate** low.
- **Gluten-free option.**

Mushrooms with pesto scrambled eggs

Brekkie for dinner? This scrambled-up all-day breakfast is approved by the board!

see recipe, page 87 >>



Indian vegetable curry

PREPARATION TIME: 10 MINS
COOKING TIME: 30 MINS
SERVES 1 (AS A MAIN)

2 tsp olive oil
3 tsp Patak's Mild Korma Curry Paste or gluten-free curry paste
½ small brown onion, cut into thin wedges
150g Carisma potatoes, unpeeled, chopped
200g cauliflower, cut into small pieces
400g can no-added-salt chopped tomatoes
50g green beans, trimmed, diagonally sliced
2 Tbsp low-fat Greek-style plain yoghurt, to serve
Mint or coriander leaves, to serve

1 **Heat oil** in a medium saucepan over a medium heat. Add curry paste and cook, stirring, for 1 minute. Add onion and potato. Reduce heat to medium-low. Cook, stirring occasionally, for 5 minutes.

2 **Increase heat to medium.** Add cauliflower and tomato. Cover and bring to a simmer. Reduce heat to medium-low and cook, covered, for 20 minutes or until potato is just tender.
3 **Add beans and cook,** covered, for 4 minutes or until beans are just tender. Transfer curry to a shallow serving bowl. Top with yoghurt and sprinkle with mint or coriander leaves. Serve.

COOK'S TIP

If you like, you can use orange sweet potato instead of potato and broccoli in place of beans.



Chicken, asparagus and broccoli pesto pasta

PREPARATION TIME: 15 MINS
COOKING TIME: 10 MINS
SERVES 1 (AS A MAIN)

50g orecchiette pasta or gluten-free pasta
Olive oil cooking spray
125g piece skinless chicken breast fillet, trimmed of fat
Freshly ground black pepper, to season
1 tsp extra virgin olive oil
100g broccoli, finely chopped
1 bunch asparagus, woody ends trimmed, diagonally sliced
1 clove garlic, crushed
1 tsp pine nuts
10g finely grated parmesan
Flat-leaf parsley leaves, to serve
Lemon wedges, to serve

1 **Cook pasta** in a small saucepan of boiling water, following pack instructions or until al dente. Drain well.
2 **Meanwhile,** preheat a chargrill plate on medium-high. Spray chicken with cooking spray and season with pepper. Reduce heat to medium and add to chargrill. Cook for 4 minutes on each side or until cooked through. Transfer to a plate and set aside.
3 **While chicken** is cooking, heat oil in a medium non-stick frying pan over a medium-high heat. Add broccoli, asparagus, garlic and pine nuts to the pan. Cook, stirring often, for 2-3 minutes or until broccoli is just cooked.
4 **Diagonally slice chicken.** Add chicken, broccoli mixture and parmesan to the pan with the pasta. Toss to combine. Transfer to a serving bowl. Sprinkle with parsley and serve with lemon wedges.

COOK'S TIP

If you don't have asparagus, you can use green beans. You can also use walnuts instead of pine nuts.

RECIPES ALISON ROBERTS; LISA URQUHART, DIETITIAN **PHOTOGRAPHY** BRETT STEVENS
STYLING KRISTEN WILSON **FOOD PREPARATION** WENDY QUISUMBING

Take everyday **meals from ho-hum to *YUM!***



Roasted pumpkin, kale, egg and walnut salad

PREPARATION TIME: 15 MINS
COOKING TIME: 30 MINS
SERVES 1 (AS A MAIN)

Extra virgin olive oil cooking spray
300g piece pumpkin, peeled and deseeded, cut into 2cm pieces
60g kale, thick stem removed, cut into small pieces
50g egg
1 Tbsp walnut pieces
2 tsp pumpkin seeds
1 tsp balsamic vinegar
1 tsp freshly squeezed lemon juice
Freshly ground black pepper, to season
30g slice sourdough bread or gluten-free bread, to serve

1 **Preheat oven** to 200°C (fan-forced). Line a small roasting pan and a small oven tray with baking paper. Spray pumpkin with cooking spray. Put in prepared pan and roast for 20 minutes or until tender. Set aside. Reduce temperature to 160°C (fan-forced). Put kale on prepared tray. Spray with cooking spray and roast for 8-10 minutes or until kale is crisp. Set aside.
2 **Meanwhile,** bring a small saucepan of water to the boil. Add egg and cook for 7 minutes. Drain and rinse under cold water. Peel egg and set aside.
3 **Put pumpkin,** kale, walnut and pumpkin seeds in a medium bowl and toss to combine. Transfer to a shallow serving bowl. Roughly chop egg and sprinkle over salad. Put vinegar, lemon juice and pepper in a small bowl and whisk to combine. Drizzle over salad and serve with bread.

COOK'S TIP

You can replace the walnuts with almonds and the pumpkin seeds with sunflower seeds, if you prefer.



Mushrooms with pesto scrambled eggs

PREPARATION TIME: 5 MINS
COOKING TIME: 10 MINS
SERVES 1 (AS A LIGHT MEAL)

Olive oil cooking spray
3 medium cap mushrooms, stalks removed
100g cherry tomatoes on the vine
¼ tsp olive oil
2 x 50g eggs
1½ Tbsp skim milk
Freshly ground black pepper, to season
15g (½ cup) baby spinach leaves
30g thinly shaved salt-reduced ham or gluten-free ham
2 tsp pesto or gluten-free pesto, to serve
300ml freshly squeezed orange juice, to serve

1 **Preheat oven** to 200°C (fan-forced). Line an oven tray with baking paper. Spray mushrooms and tomatoes with cooking spray. Roast for 8-10 minutes or until mushrooms are tender and tomatoes have softened.
2 **Meanwhile,** heat oil in a small non-stick frying pan over a medium heat. Put eggs, milk and pepper in a small bowl and whisk to combine. Add egg mixture to pan and cook, stirring occasionally, for 1-2 minutes or until egg starts to set. Turn off heat and stir until just set.
3 **Arrange spinach,** mushrooms, ham, tomatoes and egg on a serving plate or board. Drizzle over pesto and serve with juice. ■



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Mara Lee, **Editor**

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GOLD0020A_DLM

Get the scoop!

Hot weather calls for cooling snacks but it can be hard to know what's best for your tastebuds and your waistline. Low fat? Fat free? No added sugar? The choice can feel overwhelming, so we asked dietitian *Dr Kate Marsh* to hit the freezers and find a delicious option for everyone



Streets Calippo Minis Orange Lime Original Lemon

With a boost of real fruit juice, Calippo Minis are 99 per cent fat free, making them a refreshing lower-kilojoule treat.
Contains 220kJ and about 13g of carbs per serve.



Woolworths Select Wildberry Fruit Pops

Made from 99 per cent real fruit and free from artificial flavours, colours and preservatives, these are a good afternoon snack for kids and adults.
Contains 340kJ and 19g of carbs per serve.



*Weis Minis Mango & Ice Cream**

These yummy mini bars are great for when you're looking for a cool snack that won't send your blood glucose levels (BGLs) soaring.
Contains 230kJ and 9g of carbs per serve. ➤

Try our pick of the hottest CHILLED-OUT flavours – we all scream for ice-cream!



*Bulla Real Dairy Vanilla**

If you're craving traditional vanilla, this is a great one to try as it's free of artificial colours and flavours.
Contains 338kJ and 12g of carbs per serve.



Peters Light & Creamy Classic Chocolate

Chocolate, anyone? This rich-tasting treat is 97 per cent fat free.
Contains 330kJ and 15g of carbs per serve.



*Weis Australian Mango Sorbet**

Like a scoop of delicious icy fruit, this is low in fat and dairy free.
Contains 334kJ and 19g of carbs per serve.



Peters Lactose Free Creamy Vanilla

Try a bowl of this sweet treat if you can't tolerate lactose (milk sugars) but still love the taste and texture of real dairy-based ice-cream.
Contains 430kJ and 12g of carbs per serve.



*Sanitarium So Good Vanilla Bliss**

Avoiding dairy? Fortunately that doesn't mean ice-cream has to be off the menu. Made from soy milk, this creamy alternative is also low in saturated fat.
Contains 370kJ and 14g of carbs per serve.



Peters No Sugar Added Creamy Vanilla

Looking for a scoop that won't spike your BGLs? This sugar-free sweet is low in fat but contains sorbitol, which may cause tummy upsets for some.
Contains 255kJ and 4g of carbs per serve.



Streets Fruttare Strawberry Smoothie

A frozen smoothie is a great way to satisfy your sweet cravings on a hot day – it'll also boost your calcium intake.
Contains 520kJ and 19g of carbs per serve.



Peters Frosty Fruits Tropical

If you like things juicy, this refreshing stick of flavour is made with 50 per cent pineapple, orange and passionfruit juice.
Contains 350kJ and 20g of carbs per serve.



*Bulla Mini Frozen Yoghurt Strawberry Mango Wildberry Passionfruit**

With reduced fat and sugar, these little pops feature tummy-friendly probiotic yoghurt.
Contains about 180kJ and 8g of carbs per serve.



Magnum Mini Almond

When only a Magnum will satisfy, a mini provides the taste and enjoyment without a kJ blowout.
Contains 670kJ and 14g of carbs per bar.



Streets Chocolate Paddle Pop

A low-fat way to get your choc fix and a favourite with the kids.
Contains 330kJ and 14g of carbs per serve.



Streets Splice Pine-Lime

This refreshing classic will take you back! Low in fat, it's a great snack on a hot afternoon.
Contains 350kJ and 17g of carbs per serve.



Skinny Cow Vanilla Caramel Double Chocolate Ice Cream Sundaes

Low in fat with no added sugars, these may not suit those with a sensitive gut as the sorbitol sweetener can cause tummy upsets.
Contains 430kJ and 8g of carbs per serve. ■

HOW MUCH DO I EAT?

For bars, pops and ice-cream that comes in small tubs, a serve is one individually wrapped treat. For the ice-cream you buy in a large tub, a serve is two scoops (about 50g).

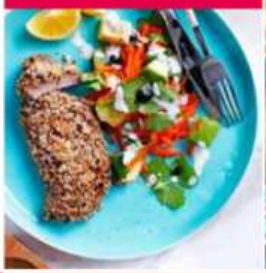


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* These products are gluten free.

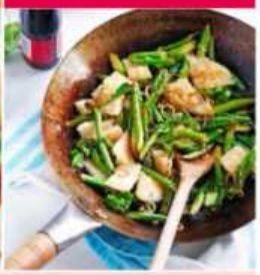
Plan your week,

Wondering what to eat this week? Try these delicious meal and snack ideas

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
				
H_2O	Start each day with a glass of water. It's recommended that you have 6-10 glasses			
Breakfast	1 cup chopped fresh fruit with 140g (⅔ cup) low-fat Greek-style plain yoghurt and 10 almonds.	Tropical quinoa bircher muesli (page 81).	Rokeby Farms Whole Protein Breakfast Smoothie.	45g Kellogg's All-Bran High Fibre Apricot & Almond Muesli with 160ml (⅔ cup) low-fat milk and 1 sliced apricot.
Optional snack	22g pack Be Natural Thai Sweet Chilli Dry Roasted Fava Beans.	10 almonds and 1 kiwifruit.	1 piece fresh fruit. 	20g slice reduced-fat cheddar and 1 small nectarine.
Lunch	Quinoa-crusted pumpkin, spinach and feta quiche (page 81).	Leftover Quinoa-crusted pumpkin, spinach and feta quiche (page 81).	Mexican-style beans (page 97). 	Avocado and beet on rye (page 97).
Optional snack	Watermelon, peach and strawberry slushie (page 60).	170g tub Chobani Blueberry Yogurt.	2 Tbsp trail mix (nuts, seeds and dried fruit).	22g pack Be Natural Thai Sweet Chilli Dry Roasted Fava Beans.
Dinner	Sumac-crusted veal with salad (page 50). ***Pictured above.***	Tortellini and spinach cheat's lasagne (page 52). ***Pictured above.***	Indian chicken curry (page 54). ***Pictured above.***	Eggplant and ricotta stack (page 54). ***Pictured above.***
Alcohol	If you choose to drink, stick to 1-2 standard drinks a day. It's also a good idea to			
Optional dessert	1 Streets Paddle Pop. 	Blueberry lemon scone (page 70).	Strawberry lamington bite (page 68). 	Blueberry lemon scone (page 70).
Exercise	Aim for 20-60 minutes of moderate exercise each day.			

This menu planner has been created by a dietitian and exercise physiologist for the average person with diabetes. If you have special needs, please consult your own dietitian. Check the product packs or the nutrition info boxes near our recipes for nutritional analysis.

it's easy!

THURSDAY	FRIDAY	SATURDAY
		
a day, depending on the weather and how active you are.		
1 slice rye toast topped with ¼ mashed avocado, 3 tomato slices and pepper, served with 1 glass skim milk.	1 wholemeal English muffin topped with 2 tsp low-fat ricotta and 2 sliced hardboiled eggs.	Tropical quinoa bircher muesli (page 81). 
2 Tbsp (25g) trail mix (nuts, seeds and dried fruit).	170g tub Chobani Blueberry Yogurt.	20 almonds. 
Chicken and pesto pasta (page 97).	Avocado and beet on rye (page 97).	1 small pita bread served with 3 Yumi's Falafel balls, 1 Tbsp low-fat Greek-style plain yoghurt and 2 cups green salad.
20g slice reduced-fat cheddar and 1 small nectarine.	Fruity dessert pizza (page 60).	2 Tbsp Philadelphia Sweet Chilli Philly Pourover and 1 celery stalk.
Chickpea, burghul and sweet potato salad (page 50). ***Pictured above.***	Mexican beef parcels (page 50). ***Pictured above.***	Thai-style fish with greens (page 52). ***Pictured above.***
have a couple of alcohol-free days a week.		
Strawberry lamington bite (page 68).	1 scoop (40g) Peters No Sugar Added ice-cream and 3 sliced strawberries.	BBQ balsamic fruit salad with honey yoghurt cream (page 40).
Always discuss your exercise plans with your doctor first.		

WORDS LISA URQUHART, DIETITIAN **PHOTOGRAPHY** ISTOCKPHOTO, GETTY IMAGES

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All the tips, tricks and ***inside knowledge*** for healthy cooking, brought to you by our food editor, Alison Roberts

Food *bites*

HOW TO...

Make a healthy HAMBURGER

One of the world's favourite foods is back on your menu



1 Put 500g **extra-lean beef mince,** 50g **egg,** 1 slice **Helga's Wholemeal Grain bread,** processed into crumbs, 2 Tbsp chopped **flat-leaf parsley,** 1 small **brown onion,** coarsely grated with excess moisture squeezed out, and 2 Tbsp **reduced-salt tomato sauce** in a large bowl. Mix until well combined.



2 Using clean hands, divide the mixture into 8 portions, then shape each into a round patty about 8-9cm in diameter and 1cm thick. Cook patties to serve as hamburgers or freeze for later use.

TO COOK **Preheat a barbecue on medium-high. Spray patties with cooking spray. Add to barbecue and reduce heat to medium. Cook for 4 minutes on each side or until cooked through. Serve with salad on wholemeal grain rolls. Serves 8.**

TO FREEZE **Layer uncooked hamburger patties between pieces of freezer wrap and put in stacks of 2 in resealable freezer bags. Expel any air, label and freeze for up to 3 months. Defrost on a plate in the fridge before cooking.**



60-SECOND SNACK

Chop the flesh of 1 mango cheek and toss with 6 hulled, quartered strawberries and the pulp of 1 passionfruit. Top with 1 Tbsp low-fat Greek-style plain yoghurt and sprinkle over 2 tsp chopped unsalted pistachios. Serve.

PER SERVE 528kJ, **protein** 5g, **total fat** 3.5g (sat. fat 0.7g), **carbs** 15g, **fibre** 6g, **sodium** 28mg. • **Carb exchanges** 1. • **GI estimate** low. • **Gluten free.**

To discover which *Diabetic Living* recipes are vegetarian, gluten free, have a gluten-free option or can be frozen, turn to our Recipe Index on page 137. We want you to get the most out of every issue, so please share your ideas by writing to us at diabeticliving@pacificmags.com.au

SUPER SIPPER



Make the world's healthiest drink more interesting with the Watermate Infuse bottle from Annabel Trends. It's fitted with a removable infusion rod, which means you can add your favourite fruits and vegies for a flavour burst. Try lime slices, a few sprigs of mint and frozen raspberries – yum! Available for $15.95 from selected pharmacies, David Jones or online at annabeltrends.com

SUPERMARKET CRUSH

Smoothie move

If you're after a grab 'n' go brekkie, try Rokeby Farms Whole Protein Breakfast Smoothies. These tasty meals in a bottle contain twice the protein and calcium of regular milk. They're also low fat, soy free, preservative free and low lactose, so they're suitable for people with lactose sensitivity. Choose from Banana Honey + Cinnamon, Dutch Chocolate and Iced Coffee. Available for $3.99 each at selected supermarkets and convenience stores.



PHOTOGRAPHY ISTOCKPHOTO, GETTY IMAGES

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QUICK AND EASY

Lunch ideas

Fuel up for the afternoon with these fast and filling munchies-busters

Avocado and beet on rye



Spread 1 slice **rye bread** with 2 Tbsp mashed **avocado.** Top with 3 Tbsp **low-fat cottage cheese,** 1 small drained **canned baby beet,** sliced, and ¼ cup **rocket leaves.** Top with a second piece of bread. Serve.

PER SERVE 1588kJ, **protein** 18g, **total fat** 13.7g (sat. fat 4.2g), **carbs** 43g, **fibre** 7g, **sodium** 630mg. • **Carb exchanges** 3. • **GI estimate** low.

Chicken and pesto pasta



Toss 75g cooked **wholemeal pasta** with 125g can drained **corn kernels,** ½ small chopped **Lebanese cucumber,** 1 cup shredded **rocket,** 3 x **97% fat free semi-dried tomatoes,** chopped, 2 tsp **pesto** and 80g shredded **cooked chicken.** Drizzle over a squeeze of **lemon juice** and serve.

PER SERVE 1502kJ, **protein** 30g, **total fat** 8.1g (sat. fat 1.7g), **carbs** 36g, **fibre** 9g, **sodium** 382mg. • **Carb exchanges** 2⅓. • **GI estimate** low.

Mexican-style beans



Cook ½ chopped **red capsicum,** 1 small **zucchini** and 1 tsp **Mexican chilli powder** in 1 tsp **olive oil** for 3-4 minutes or until soft. Add 130g can **salt-reduced baked beans** and heat through. Top with 2 Tbsp **reduced-fat grated cheese** and a few **coriander leaves.** Serve with 1 **light tortilla.**

PER SERVE 1156kJ, **protein** 14g, **total fat** 11g (sat. fat 4.1g), **carbs** 26g, **fibre** 10g, **sodium** 727mg. • **Carb exchanges** 1⅓. • **GI estimate** low.

Food that *works* for you

Every recipe in *Diabetic Living* has been carefully created to help you enjoy a ***healthy, balanced*** diet



If you need to lose weight, reduce your salt or fat intake, or keep an eye on your carbs, just refer to the Nutrition Info box alongside each recipe. You can use it to track all of your nutritional requirements, as well as count your carbs and carb exchanges. You'll also find out whether a recipe is low, medium or high GI, or gluten free. Easy!

Alison Roberts, Food Editor *(far left)*
Lisa Urquhart, Dietitian

Serves 2 (as a main)
We show whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main meal of the day). When we say, 'as an occasional dish', it should only be eaten as a treat, such as once a fortnight.

Brand names
We sometimes use brand names to make it easy for you to find nutritionally suitable foods at the shops.

Optional ingredients
Whenever we list an ingredient as optional, it isn't included in the nutrition analysis and it's up to you if you want to use it.



Salmon, spinach and corn pizza

PREPARATION TIME: 10 MINS
COOKING TIME: 15 MINS
SERVES 2 (AS A MAIN)

2 Vitastic Souvlaki & Pizza Lite Pittes
2 tablespoons sweet chilli sauce
60g (6 cups) baby spinach leaves
50g button mushrooms, thinly sliced
½ small red capsicum, cut into thin strips
60g (⅓ cup) fresh or frozen corn kernels
185g can Tassal Premium Tasmanian Salmon in Springwater, flaked
80g (⅔ cup) 30% fat-reduced grated cheddar cheese
45g (3 cups) mixed salad leaves
Lemon juice or balsamic vinegar, to drizzle (optional)

1 Preheat oven to 200°C (fan-forced). Place the bread bases on a baking tray. Spread each with 1 tablespoon of sweet chilli sauce.
2 Top bread bases with spinach, mushroom, capsicum, corn and salmon. Sprinkle the cheese over.
3 Bake pizzas for 12 minutes or until the cheese melts and the bases are crispy.
4 Serve the pizzas with salad leaves, drizzled with lemon juice or balsamic vinegar, if you like. ➤

nutrition info
PER SERVE 2171kJ, **protein** 33.8g, **total fat** 19.3g (sat. fat 8.4g), **carbs** 49.7g, **fibre** 5.3g, **sodium** 630mg.
- **Carb exchanges** 3⅓.
- **GI estimate** medium.

How our food works for you
see page 98

Sugar or sugar substitute
In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

Choice of ingredients
When we give you the choice of two different ingredients, we analyse only the first one.

Carb exchanges
Make counting carbs easy: one carb exchange = 15g carbs. Aim for 1-2 exchanges in snacks, and 1-4 exchanges in a meal.

PHOTOGRAPHY LOUISE LISTER (FOOD)

CUT OUT & KEEP

YOUR DAILY ALLOWANCE GUIDE

With this guide, you can create the perfect eating plan for your needs.

To maintain your weight* **Kilojoules** 8700kJ **Protein** 50g **Total fat** 70g **Saturated fat** 24g **Carbs** 310g **Fibre** 30g **Sodium** 2.3g

To lose weight* **Kilojoules** 6000kJ **Protein** 50g **Total fat** 40-50g **Saturated fat** 15g **Carbs** 180g **Fibre** 30g **Sodium** less than 1.6g

** These figures are a guide only. To find out your individual nutritional needs, please see your dietitian.*

LIVING *well*



In this ISSUE

Summer health
Wellness tips and a different way to manage type 1

Sexual healing
Lost that loving feeling? Here's how to get it back!

Shaping up
Easy at-home exercises and ways to combat kilo creep

Just for fun
Have writers and filmmakers lost the plot when it comes to diabetes?

Real-life inspirations
Meet two readers who have turned their lives – and their health – around

PHOTOGRAPHY GETTY IMAGES

Don't sweat it

Your guide to a *great* summer

No matter how high the mercury rises, keep your *health, happiness and BGLs* on track with these savvy strategies

Alfresco dinners, ocean swims... there's a lot to love about summer, but it can also be a difficult time if you have diabetes, as you tend to feel the heat more than the rest of the population. Between trying to keep yourself and your meds cool while the temperature is rising, it can feel like a very long three months. Soak up the rays safely and chill out in style with these easy-to-follow expert tips that will help you make the most of the warmer weather.



1 Quench your thirst

Enjoying long, cool drinks in summer isn't just a good way to beat the heat.

'Dehydration is more of a risk in summer because you lose fluid through perspiration,' explains diabetes educator Sue Leahy from Diabetes NSW. 'If you become dehydrated it can raise BGLs, causing more frequent urination, which puts strain on your kidneys.'

Luckily, it's easy to avoid dehydration by following a few simple steps.

Stay-well tips

+ Drink up to two litres of water a day. If you find plain water boring, try adding a twist of lime or a sprig of mint for taste.
+ Plan to drink more if you are exercising or if you have a health condition such as a kidney stone.
+ Carry a water bottle at all times and keep one beside your bed.
+ Watch for signs of mild dehydration including headaches, fatigue, dry lips, dry eyes, constipation and fuzzy thinking. 'If you feel thirsty or your urine is dark yellow, you are not drinking enough water,' says Leahy.

2 Sleep tight

Tossing and turning because it's too hot leaves you feeling tired and stressed in the morning, which can affect your BGLs.

'Insomnia can trigger the release of stress hormones that raise BGLs,' says Leahy. 'In turn, this can increase urination, resulting in more trips to the toilet overnight, interrupting sleep further and increasing dehydration.'

Stay-well tips

+ Rise and retire at the same time each day to help keep your body clock in sync.
+ Have a warm bath before bed. 'This encourages a temperature drop which helps with sleep onset,' says Siobhan Banks from the University of South Australia's Centre for Sleep Research. Cold showers, ironically, raise body temperature.
+ 'Minimise your alcohol intake, which can further elevate body temperature and cause lighter sleep and more toilet visits,' says Banks.
+ Cool your bedroom with a fan before bed.
+ 'Try not to use electronic devices before bed as the light interferes with sleep,' says Banks.
+ Avoid caffeine after 5pm.
+ Exercise before 7pm. 'Late exercise elevates your body temperature when it should be dropping to help you fall asleep,' says Banks.

3 Save your skin

'Exposure to sun, sweat and surf can exacerbate common diabetes skin issues, such as rashes, causing more dryness and itching,' says Leahy. Follow her tips for an itch-free summer, indoors and out.

Stay-well tips

+ Apply SPF30+ sunscreen before sun exposure and reapply it every few hours.
+ Try not to swim for too long as it dries skin.
+ Use soap-free wash and moisturise skin daily, but avoid the area between the toes, as this is where fungus grows.
+ Enjoy short, tepid showers. 'Multiple long, hot showers can dry out skin,' says Leahy.
+ Aim to keep your BGLs steady, as high levels may also cause your skin to itch.
+ 'Perspiration can encourage yeast infections to grow,' says Leahy. Her advice on avoiding thrush is to always wear cotton underwear and remove damp swimmers as soon as is practical. ➤

4 Protect your tootsies

While it's lovely letting your feet breathe on a warm day, walking on hot concrete or sand, fluid retention and getting pebbles or twigs in your sandals can all leave your legs and feet feeling worse for wear. Nicks and cuts may also increase your risk of developing an infection, which can take longer to heal.

Stay-well tips

+ Try not to go barefoot or wear open shoes such as thongs, as this can lead to dry, cracked heels, callous formation and a higher risk of cuts, sores and blisters.
+ Invest in sturdy shoes that leave enough space in case your feet swell in the heat.
+ Check your feet daily for little cuts and scratches that you may not feel, particularly if you have neuropathy (nerve damage).
+ Practise good foot hygiene. You know the drill – moisturise your feet, change your socks regularly and make sure you dry between your toes. 'Watch for fungal infections such as tinea and fungal toenails, which may look yellow or white and appear crumbly. Seek treatment quickly if issues arise,' says Leahy.
+ Elevate your legs when sitting or lying down and remember to stay hydrated.
+ 'Avoid tight clothing if your legs are prone to swelling in the heat as it may hinder circulation,' advises Leahy.

5 Soothe restless legs

For some people, restless leg syndrome (RLS), which is more common among people with diabetes, can worsen in summer.

'The sensation that your legs won't stay still often occurs with an unpleasant burning, tugging, cramping, tingling or creepy-crawly sensation in one or both legs,' says Banks.

The condition can interrupt your sleep, which can in turn affect your concentration, BGLs and immunity, as well as leaving you feeling cranky and drained.

Research from the University of Montreal has also shown an increase in night-time blood pressure in people with the condition, which could increase the long-term risk of heart disease and stroke.

Stay-well tips

+ Ask for a blood test to check for iron deficiency, which can worsen RLS symptoms in some people.
+ 'Practise calming techniques, such as yoga and mediation,' suggests Banks. 'These can help you fall asleep and improve sleep quality.'
+ Ask your GP about drug treatments that could help relieve your symptoms.
+ Boost your circulation. Some RLS sufferers gain relief by exercising regularly, doing stretches and/or massaging their leg muscles before bedtime.



6 Keep your meds cool

It's not just your body that feels the heat. Hot weather can also cause issues for your medication and you may have to bin expensive supplies if they are damaged by the sun.

Stay-well tips

+ Heading outdoors? Take an insulated travel pack. 'Insulin and blood test strips can be affected by heat, so keep them cool,' says diabetes educator Dr Kate Marsh. But be careful not to store your insulin directly on an ice pack as it could freeze.
+ 'If you're wearing a pump at the beach and disconnect it to go swimming, make sure you keep it somewhere cool and safe – try wrapping it in a hand towel in a small esky,' suggests Dr Marsh. 'Some people go back to injections for a day at the beach, particularly if they plan on spending a lot of time in the water – discuss this option with your diabetes care team.'
+ Ask your healthcare team whether you need to change your infusion site more often in the hotter weather to avoid skin rashes or infection.
+ Don't leave your diabetes supplies in a hot car for any length of time.

ISABEL'S STORY

'I can still enjoy the beach'

'I normally wear my pump attached to my bra, but in summer I find my chest area is sometimes too hot, so I clip it to my underwear,' says Isabel Dykes, a 31-year-old nurse and diabetes educator with type 1.

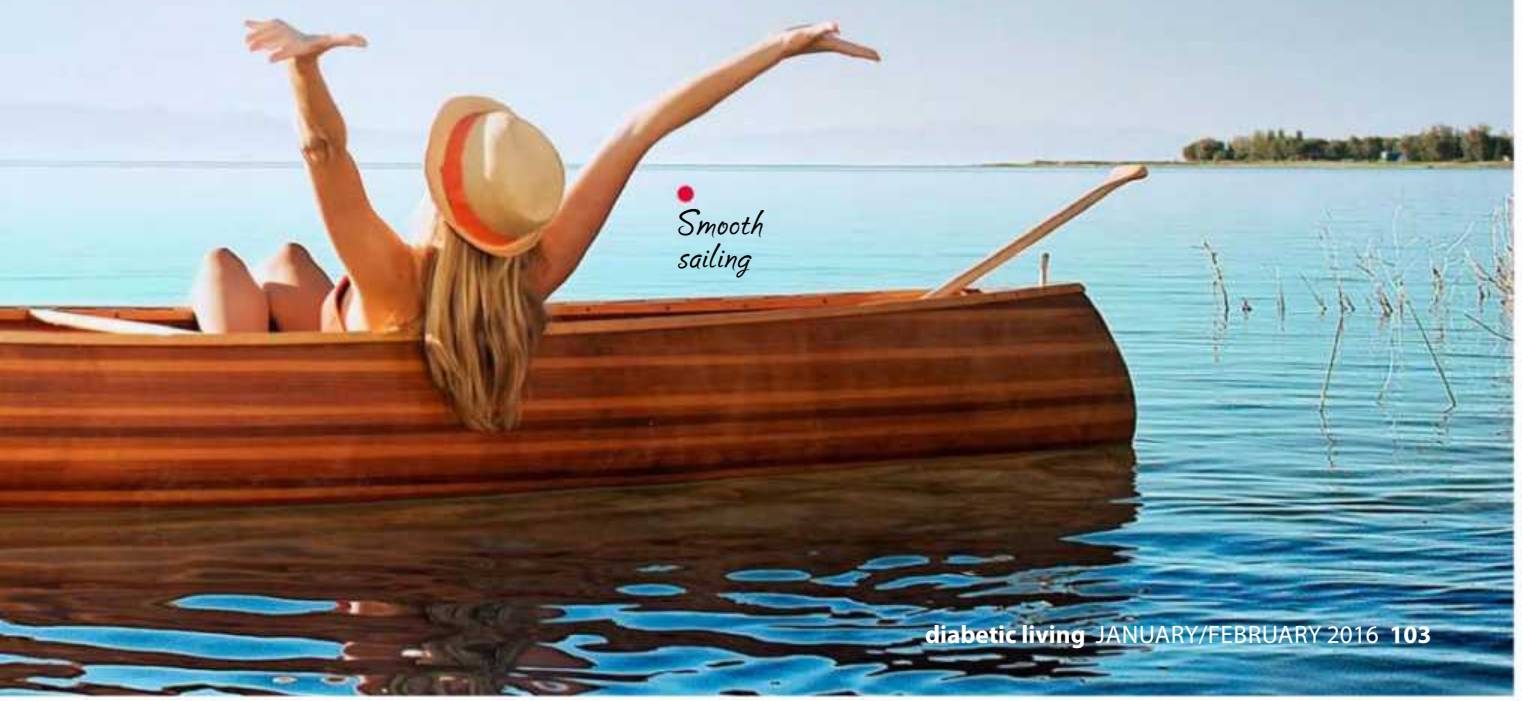
'As it's easy to become dehydrated in summer, I carry a water bottle in my bag at all times and I place it in the cup holder in my car to remind me to have quick sips while sitting at the traffic lights.

'I always wear sunscreen and try to swim in the morning and afternoon to reduce sunburn risk. I have heard of people having erratic BGLs for days after sunburn because of the inflammation it causes.

'I enjoy the beach but I have to be organised because of my type 1. I put my swimming gear under a tree or umbrella. When I take off my pump to swim, I put it in a bag under a towel to protect it from reflected rays.

'I wear my waterproof watch so I can check in the water how long it's been since I tested my BGLs. After an hour or so I get out, do another quick test and give myself a dose of insulin before going back to swim.' ■

WORDS STEPHANIE OSFIELD **PHOTOGRAPHY** GETTY IMAGES



Smooth sailing



MUM HAD A FALL

WE NEEDED SOMEONE TO PICK US BOTH UP

Arcare has 27 luxurious aged care residences across Victoria and Queensland. Each offer the finest living environments, but it's the sense of community that makes Arcare truly special.

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The insider's guide to...

continuous *glucose* monitoring

Looking for a better way to manage your type 1? Diabetes educator ***Dr Kate Marsh*** weighs up the pros and cons of the CGM

'My family's life was turned upside down on the morning of June 11, 2014,' recalls firefighter Tommy Tait. 'My then-eight-year-old stepdaughter, Hannah, had fallen ill. By that afternoon, she was in the emergency room in a diabetic ketoacidosis coma.

'The doctors told my wife, Michelle, and I to ring the rest of the family, as they didn't know if she would survive. But the doctors performed a miracle and Hannah came out of her coma – with a type 1 diabetes diagnosis – two days later.'

After recovering from the coma, Hannah required at least five insulin injections a day, as well as 15 finger-prick tests to check her blood glucose levels (BGLs). In spite of this, her family still worried about her blood sugars dropping to dangerously low levels in her sleep.

So they started doing some research into continuous glucose monitors (CGMs) and Hannah has now been using one since the end of August 2014.

'This piece of technology has completely changed Hannah's quality of life,' says Tommy. 'It provides a real-time measure of her levels, enables us to control her BGLs easily and to keep her HbA1c at about 7.1.



A CGM changed nine-year-old Hannah's life.

'The alarm technology is invaluable and has saved Hannah's life a few times during the night. Having a CGM has significantly reduced our stress levels, and Hannah's, too.'

Hannah is one of a growing number of people with type 1 who has benefitted from using a CGM. But just what is a CGM, how can it help you with your diabetes management and does it live up to the hype? Read on for the facts. ➤

What is a CGM?

A continuous glucose monitor measures glucose levels in the fluid between the cells at five-minute intervals throughout the day and night. This means access to up to 288 glucose readings every 24 hours, giving you a more detailed picture of what is happening than with finger-prick monitoring, which is really just a snapshot in time.

There are currently two monitors available in Australia – the Medtronic Guardian Real-Time Continuous Glucose Monitoring System and the Dexcom G4 Platinum System. The Medtronic Guardian is a standalone device or, if you are already using a Medtronic insulin pump, you can buy the Medtronic Guardian 2 Link transmitter and Enlite glucose sensor to continuously monitor your levels. The Dexcom monitor can be used as a standalone device or in conjunction with the Animas Vibe insulin pump.



A CGM lets you **KEEP TRACK** *of all glucose highs and lows*



How does it work?

A continuous glucose monitor has three main parts:

TRANSMITTER
Attached to the sensor, this sends glucose readings to the wireless receiver or insulin pump.

SENSOR
The small, disposable glucose-sensing device is inserted just under the skin (usually on the stomach), in a similar way to how an insulin pump catheter is worn. It measures the glucose level in the fluid between your cells and needs to be changed every six to seven days, depending on the device.

RECEIVER
A handheld device similar in size to a traditional blood glucose meter, this displays your glucose readings. It can be worn on your belt or waistband, or kept in your pocket. If you use a pump that works with a CGM, the pump is the receiver so you don't need a separate device. The receiver stores your readings and you can download them for review.

What are the benefits?

1 **Greater detail** Even if you monitor frequently, finger-prick testing only tells you what your level is at that particular point in time, so even if you check every few hours, you could be missing highs and lows.

A single reading also doesn't tell you which direction your glucose level is going, which can make it difficult to make treatment decisions. A CGM enables you to spot trends and fine-tune your insulin, food intake and exercise to achieve optimal glucose control.

2 **Peace of mind** You can set a target range for your glucose levels and the CGM will alert you if they go above or below this range – this is really helpful for parents of kids with type 1. It means you can take action before your glucose levels become too high or low. This is particularly useful if you have trouble detecting when you are having a hypo (when your levels drop too low) or you have frequent night-time drops.

3 **Hypo help** If you use a CGM with the Medtronic MiniMed Paradigm Veo pump, you can set it to suspend insulin delivery for two hours when your levels drop to a predetermined threshold. When used with Medtronic's new MiniMed 640G pump, the CGM can predict 30 minutes before you are approaching low levels and will turn off the pump until your glucose starts to rise again, preventing the hypo from occurring.



DR KATE MARSH'S STORY

'My CGM keeps me relaxed!'

'I have been using the Dexcom CGM for the past two years and don't know how I would live without it! It has helped to fine-tune my levels and I love the fact that it wakes me as soon as I drop under 4mmol/L at night. I am more relaxed always knowing where my levels are sitting, particularly at times when I definitely don't want to be low.'



Get involved

DANII MEADS-BARLOW FOUNDATION

At the age of 17, type 1 teen Danii Meads-Barlow died in her sleep – something her parents believe could have been prevented if she'd had access to a CGM. They launched the Danii Meads-Barlow Foundation to raise funds and lobby for technologies to better manage type 1, such as CGMs, at affordable prices. For more information visit danii.org.au

What are the downsides?

The biggest drawback to a CGM is the price tag. There is a one-off up-front cost of $810-$1400 unless you have a compatible pump. If you have a compatible pump and wear a sensor full-time, the transmitters and sensors can cost up to $5500 per year. While both Medtronic and Dexcom offer discounts – especially if you already use their pumps – there are no rebates from Medicare or health funds for a CGM.

Also, a CGM doesn't mean you can say goodbye to your meter. The devices still need to be calibrated at least twice a day with a finger-prick test.

Finally, even though the latest sensors have improved accuracy, because they measure glucose in the fluid between the cells and not the blood, they are still not quite as accurate as traditional blood glucose monitoring – particularly when levels change rapidly, such as after a meal or during intense exercise. ■



TYPE 1

‘We’re no different, JUST A LITTLE *sweeter*’

Deb Ludeke, 41, ran the length of Tasmania to raise money for kids with type 1 – and show the world that people with diabetes can do anything!

You’ve just run 205km in 3.5 days. How are you feeling?
Fantastic, except that my feet are so sore, I can’t put them on the ground! Some people say that the track from Launceston to Hobart is all downhill on the map, but I can assure you it’s not.

I nearly did an all-nighter on the second-last day because I was concerned I was taking too long, so I’m also feeling a bit sleep deprived. I made it, though, and I only had one low the whole time. All credit goes to my insulin pump, because without that, the run wouldn’t have happened.

We ended up raising thousands of dollars for my type 1 charity, Kms4Kids, which will go towards helping children with type 1 learn to manage their condition.

Why were you so keen to raise money for kids with type 1?
I wanted to show kids what you can do when you have type 1. I was diagnosed when I was 10 and I remember being told that I couldn’t go in the athletics carnival. Luckily, Dad went to the school and sorted them out!

Throughout my life, I’ve known people who didn’t understand diabetes very well. I remember trying to hide that I had diabetes when I was in my late teens. I’ve had jobs where I didn’t tell anyone I had it. So I also want to teach kids that diabetes is nothing to be ashamed of. We’re no different, we’re just a little bit sweeter.

Describe your diabetes journey.
I’ve had a lot of ups and downs with diabetes. My blood glucose levels (BGLs) were low the whole time I was pregnant with my son Lachlan, who is now nine, and my diabetes educators could never tell me why. Even though I was on injections, Lachlan wasn’t getting enough sugar and I had an ambulance at my house three or four times each week. In the end, Lachlan was born six weeks early and he weighed less than 2.7 kilos.

That was bad, but things got a lot worse when I became a single mum and decided to take up marathon running. I’d had a gutful of having diabetes and so I got to a point where I just ignored it. I decided I didn’t have time to be a diabetic.

Soon things started trickling out of control. My awareness of hypos (when BGLs drop too low)

WORDS HEATHER WISEMAN PHOTOGRAPHY MATTHEW NEWTON





ON THE RIGHT TRACK
'I remember trying to hide my diabetes as a teen,' says Deb. 'I want to teach kids that it's nothing to be ashamed of.'

was shocking at that point. I had no idea that my blood sugars were down to 1.5 at the end of a Sydney marathon.

Another bad time was just after I got engaged to my current partner, Brendon. Within six hours of his proposal, my BGLs were so low that I was slumped, unconscious, in his arms.

He knew I wanted to run the City2Surf in Sydney the next day and he knew how I'd react if I missed out on that because I was in hospital. The next day I was vomiting all the way to the start line.

I finished the race but I knew that I was in trouble, so a month later I went onto a pump. That has made everyone feel safer.

Brendon, my running partners and Lachlan don't worry about me as much anymore.

You talk a lot about your pump. It seems you're pretty fond of it!

Having an insulin pump has been life-changing for me. It has given me more freedom, not just in terms of sport, but also lifestyle. I now, pretty consistently, have an HbA1c of 5.6.

I love food, and with the pump you can eat – within reason – basically what you like, just as long as you count your carbs accurately. The sensor is pretty amazing. I can disconnect my pump and leave it on the bathroom vanity when I'm showering, and it will still sense my BGLs.

It can take a few knocks, too. Once, when I was swimming,

THE LIGHTER SIDE OF DIABETES

'Once, my cat chewed through the cannula of my pump in the middle of the night,' laughs Deb. 'I went to pick up the pump and I seemed to have way too much cord in my hand. Then I saw the cat licking the insulin that was still coming out of the pump. I thought, "Who is going to believe this?"'

I realised it had cracked straight through the back, but it didn't stop pumping. I was amazed. If there was ever a nuclear holocaust, I reckon cockroaches and my Medtronic pump would be the only things to survive!

Do you ever worry that Lachlan might end up with diabetes?

I keep an eye on it and test him from time to time. Like any parent, I'm always a bit concerned that it could happen, but there's no family history of it so the chances are slim.

If he was diagnosed with diabetes, we'd manage it. And he's seen me do my running. He knows what people with diabetes can still do. ■

Have diabetes and want to share your story? Email diabeticliving@pacificmags.com.au, or write to *Diabetic Living*, My Story, GPO Box 7805, Sydney, NSW 2001.



Got 5 mins?

GET FIT AT HOME!

If you find it tough to squeeze exercise into your day, look no further than your living room and these do-anywhere moves from *DL* exercise physiologist *Christine Armarego*

Hands up if you've ever skipped exercise because driving to the gym or pool seemed like too much hard work? Or if the weather convinced you to stay inside?

We've all been there, but exercising is about moving your body and you can do that anywhere – and using your home as the 'anywhere' has lots of advantages.

'You can exercise whenever you have a spare moment, regardless of the weather,' says Sydney-based exercise physiologist Gabrielle Maston.

Being out of the sun in summer also means that you're less likely to become dehydrated – something that people with diabetes need to be extra conscious of.

DL's exercise physiologist Christine Armarego also supports a home-based workout. 'It can be easier to monitor your blood glucose levels (BGLs), rest if you need to, or deal with a hypo when you're at home. Just make sure you set aside time to exercise, like an appointment.'

No matter how much time you have, Armarego's tailor-made strength, stretching and cardio exercises will work your body without tiring you out. And as your fitness improves, you can make things more challenging.

'Hold hand weights or use a resistance band during the strength exercises,' says Maston. Or combine the mini workouts into a longer exercise routine. Give it a go!

GOT 5 MINS?

CARDIO

Step forward, step back

HOW Step forward with one foot, then the other. Step back again and repeat.
WHY 'It's a simple, effective way to increase your heart rate when you don't have a lot of space,' says Armarego. 'And because it's low impact, it's a great place to start.'
TIME Keep stepping for two minutes, leading with one leg for the first minute before swapping.

STRENGTH

Sit to stand

HOW Move between sitting on a chair and standing, without using your hands for support.
WHY 'This works the body's largest muscle groups, so uses up more glucose, and it won't aggravate your knees or hips if you do it properly,' says Armarego. 'If you find it too easy, take away the chair and do squats instead.'
TIME One, two or three sets of 8-15 repetitions, depending on your level of fitness.

STRETCH

Quadriceps

HOW Using a table for support, bring one foot up to your backside. Hold it steady with your hand and keep your hips facing forward, until you feel the stretch down the front of your thigh.
WHY 'Spending a lot of time sitting makes your quads and hip flexors tighter, increasing your risk of lower-back pain. This stretch will help,' says Armarego.
TIME Repeat two times per leg, holding each stretch for 30 seconds.

CARDIO

March or jog on the spot

HOW To get the step right, aim to have your thigh reach the halfway point between your hip and knee. Choose your speed and level of exertion based on your fitness level.
WHY 'This exercise is not complicated, doesn't require any special equipment, and if you play music you can march to the beat,' says Armarego.
TIME Try doing two bursts of three-minute marching or jogging sessions, with a short rest in between.

STRENGTH

Lunges

HOW Stand with feet shoulder-width apart and take a big step forward, raising your back foot onto your toes. Bend both knees, making sure your front knee doesn't move past your toes. Straighten up, then repeat. Hold onto a chair if you need support.
WHY 'Lunges work your leg, hip and core muscles and challenge your balance. They can be done shallow initially,' says Armarego.
TIME Do two sets of 8-15 repetitions, switching legs after the first set.

STRETCH

Hamstrings

HOW Sit up straight in a chair with one leg out straight, heel on the floor, toes up. Bend the other knee, with the foot flat on the ground. Rest your hands on your hips and slowly bend forward, keeping your outstretched leg and back straight.
WHY 'Tight hamstrings (the muscles at the back of your thighs) can pull on your pelvis, leading to lower-back pain. This stretch relieves that,' says Armarego.
TIME Hold for 25-30 seconds where it feels like a strong stretch but without pain. ➤

GOT 10 MINS?

GOT 15 MINS?

CARDIO

Step-ups

HOW Step up one foot at a time onto a step or the first stair in a set, before returning to the start position, one foot at a time.
WHY 'Step-ups immediately get your heart rate up and over time they will also strengthen the muscles you need to keep climbing stairs,' says Armarego.
TIME Do two five-minute sessions, changing the leg you lead with after the first set.

STRENGTH

Wall push-ups

HOW Stand with your feet 70cm from a wall and, keeping your body straight, perform a push-up. Step further away from the wall or use a bench instead to make the exercise more challenging.
WHY 'These put your arm, shoulder and chest muscles through their paces, improving your upper-body strength,' says Armarego.
TIME Do one, two or three sets of 8-15 repetitions.

STRETCH

Lower back rotation

HOW Lie on your back and bend your knees until your feet are flat on the floor. Gently roll your knees to one side, letting them fall as close to the floor as feels comfortable.
WHY 'This helps to release your lower back and prevent tightness that can lead to pain,' says Armarego.
TIME Hold for 15 seconds, then return your knees to the middle. Repeat five times on each side.

CARDIO

Star jumps

HOW Stand with feet together and arms relaxed. Jump your feet out to shoulder width and raise your arms out to the side as far as is comfortable. Then jump back to the start position.
WHY 'Star jumps raise your heart rate and remind you of being a kid. If you're struggling, you can pause each time your feet hit the ground,' says Armarego.
TIME Do two to four two-minute bursts. If you like, do a strength exercise in between each set to allow your heart rate to recover.

STRENGTH

Leg abduction

HOW Holding onto the back of a chair for support, raise your leg out to the side, hold briefly, then lower. Keep your legs straight, your toes pointed forward and your hips level.
WHY 'This exercise is essential for hip strength and stability. It will help you maintain muscle mass, which is easily lost here. This can in turn help reduce your risk of falls,' says Armarego.
TIME Do 8-15 slow, smooth lifts with one leg, then switch to the other side. Repeat one, two or three times.

STRETCH

Chest stretch

HOW Stand with your fingers linked together behind your back. Keeping your arms straight, raise your hands until you feel a stretch down your arms and across your chest.
WHY 'This stretch helps ensure that you keep your range of motion in your shoulders and across your chest, avoiding the hunching that leads to poor posture,' says Armarego.
TIME Repeat the stretch three times, holding each one for 30 seconds.

GOT 20 MINS?

WORDS KAREN FITTALL PHOTOGRAPHY GETTY IMAGES

GOT 30 MINS?

CARDIO

Skipping

HOW Start with a rope handle in each hand, feet together, rope behind your feet. Swing the rope over your head and jump. You can do a second jump as you get the rope over your head to give you time and maintain balance. Choose a skipping rope made of PVC to ensure it rotates fast enough. If it's too long, shorten it by wrapping the rope in your hands.
WHY 'Skipping is great for your heart and it improves bone density and coordination. Take breaks to make sure you don't trip. You can start by simply doing 10 small jumps on the spot and build from there,' says Armarego.
TIME Aim for two to four two-minute sessions. Have a brief rest between sets or do a strength exercise.

STRENGTH

Bicep curls

HOW Keeping your shoulders down and back, lock your elbows into your ribs. Holding hand weights or cans of food, raise both hands from your thighs to your shoulders, palms facing up, before lowering to the start position.
WHY 'Bicep curls work one of the most important muscles in your arms, and the stronger they are, the easier you'll find doing everyday tasks, such as lifting bags of groceries,' says Armarego. 'You can do them sitting or standing – just make sure you maintain good posture.'
TIME Do one, two or three sets of 8-15 repetitions.

Planks

HOW Lie on the floor on your stomach, resting on your elbows and forearms. Lift your hips so your forearms and knees are supporting your body weight.
WHY 'This builds core strength, which can help to prevent back pain associated with poor posture,' says Armarego.
TIME Hold for 15 seconds and repeat two to four times. 'Once you can hold the plank for 60 seconds, move from your knees and forearms to your toes and hands,' says Armarego.

STRETCH

Lats

HOW Stand with feet shoulder-width apart about an arm's length behind a chair. Rest your hands on the chair and slowly bend forwards from the hips until you feel a stretch down your sides, beneath your shoulder blades and into your lower back.
WHY 'This stretch loosens your lats, the large muscles of your back, which do a lot of work! If tight, they can pull your shoulders into a rounded position,' says Armarego.
TIME Hold for 20-30 seconds. If you feel dizzy, stand up slowly.

Squats

HOW Stand with feet shoulder-width apart. Push your hips backwards, as though you're about to sit on a chair. Your knees should form a 90° angle at their lowest point and shouldn't extend over your toes. Keeping your back straight, return to standing.
WHY 'Squats work the biggest muscles of the body and will use up the most glucose. If you have trouble with your knees or hips, start by doing these on a chair,' says Armarego.
TIME Aim for one, two or three sets of 8-15 repetitions. ■



Planks for the memories!

So you've lost weight... NOW WHAT?



Make the streamlined new you *last for life* with these tried-and-true maintenance tips

How does life after weight loss feel? Your waistband is looser, your step is lighter and your smile is wider! Studies tell us that when an overweight person loses even five to 10 per cent of their body weight, their blood pressure and cholesterol levels show a similar percentage decrease, instantly reducing their risk of heart disease.

For people with type 1 or type 2, losing weight improves your blood glucose levels (BGLs) and reduces your risk of complications such as cardiovascular disease and stroke. It can also slow the progression of diabetes in people with type 2 and prevent the onset of type 2 in people with prediabetes.

Congratulations! Weight loss is a tough road and you have earned the right to bask in the glow of your achievements.

But once you've hit your slim-down target, how do you make it last for life? Here, the experts reveal five simple steps to maintaining your figure and health without having to sacrifice your lifestyle.

STEP ONE
Appreciate your wins

The first step is to recognise that you've reached your weight-loss goal, and to not keep pushing the envelope, according to Dr Leah Brennan, associate professor in clinical psychology at the Australian Catholic University, Melbourne. She says people often think: 'I've come this far, I'll try for a little bit more' and this can just overload your willpower.

'Appreciate that you've lost this weight and make a decision to work towards maintaining that, rather than continuing to push for more and more weight loss, which becomes less and less achievable,' she says.

A big part of this involves switching from the more rigid mindset many of us adopt in order to stick to our weight-loss

guns to something that is more flexible. For example, if you occasionally miss a morning workout or have a second piece of chocolate cake at your grandson's birthday party, don't beat yourself up about it.

Weight maintenance isn't just a phase; it's something you will continue to do for the rest of your life. And as life isn't about depriving yourself of all pleasures, or self-flagellating when things don't go according to plan, it's important to roll with things as they come and just try to get back to your healthy habits when you can.



***Life isn't about depriving yourself of all* PLEASURES**

STEP TWO
Schedule check-ins

Once you've accepted that your goal weight is your new normal, the next step is to make an effort to check in with yourself regularly. Studies confirm that this is a fundamental component of making weight loss last.

Adele Mackie, a dietitian with Diabetes Victoria, says, 'Weight gain can be very gradual, and suddenly it's six months later and you haven't realised that you've gained five kilos.'

Her suggestion? Jump on the scales once a month just to check how you are tracking. If you find that you are gaining more than you are comfortable with, use another tried-and-true self-checking technique – start keeping a food diary.

Instead of feeling that you have to keep track of every single morsel that passes your lips, take note of what you're eating several times a week. If you realise that you're overindulging too often, or aren't balancing your food intake with regular exercise, you can then make small tweaks where needed, without being too restrictive.

STEP THREE
Plan your meals

It's a lot easier to make healthy eating decisions when you have a range of tasty and nutritious food in your fridge and pantry. Mackie suggests planning healthy meals in advance on a weekly basis (our handy Menu Planner on page 94 can help you there) and shopping specifically for the ingredients rather than wandering the aisles and buying whatever takes your fancy.

Cooking your favourite meals in large batches and freezing portions for nights when you're too tired to cook is worth the effort. Mackie says this keeps you well provisioned with satisfying, healthy choices when life gets too frantic and helps avoid the lure of the biscuit tin or the takeaway menu.

STEP FOUR
Make fitness fun

'Most people focus on how many kilojoules they're going to burn and, in doing so, they create an exercise plan that isn't enjoyable,' says Glenn Mackintosh, principal psychologist at Weight Management Psychology.

The goal with weight maintenance is to build healthy habits that will last a lifetime and that means doing exercise you actually enjoy. Whether it's a regular game of handball with the kids after school, brisk after-dinner walks with the dog, rowing sessions at the gym, tennis with friends or vigorous yoga sessions, the aim is to create a routine you can look forward to, that has you exercising for at least 45 minutes a day.

Then take every opportunity to add to it. Walk to the shops, try Pilates with a friend, cycle to a distant cafe, walk around a museum at lunchtime – the possibilities are endless!

STEP FIVE
Reward yourself

Ask yourself: 'What makes it worthwhile to me to sustain my weight loss?' Everyone is different but it could be a bi-monthly massage, a seasonal splurge at a favourite clothes shop or a six-monthly weekend away. Rewards are fun and it's wonderful to treat yourself regularly.

Ultimately, though, Mackintosh recommends identifying the natural rewards of living lighter.

'Our bodies are designed to eat mainly nutritious foods and they're designed to move a lot, so when we do those things, we feel better,' he says. 'If you can connect with those natural rewards that come with making healthy choices, that's when you develop an internal motivation to take care of yourself – and that's what tends to last.' ■

WORDS NATALIE FILATOFF PHOTOGRAPHY GETTY IMAGES


BOOM!



Turn a *'good night'* INTO A *great* NIGHT

Fun between the sheets is great for your relationship and your health, but sometimes life – and your diabetes – can get in the way. Here our experts show you how to rediscover the ***joy of sex***

PASSION BOOSTER

Let's talk about sex, baby

Firstly, let's just say that it is normal and completely understandable to be upset, frustrated or embarrassed when you feel unfulfilled in your sex life. But just as you would seek support for other diabetes-related health issues, it's important to discuss sexual problems too, says diabetes educator Helen Edwards, director of Diabetes Counselling Online.

Get started by making an appointment with your care team. They will explain how diabetes can impact on your sex life, as well as give you tips on dealing with the emotional fallout when things don't go as planned in the bedroom.

Keeping your partner in the loop is also key to improving your sex life – and to maintaining a healthy relationship in general. Psychologist Meredith Fuller, who has type 1.5 diabetes (latent autoimmune diabetes in adults), suggests bringing your loved one along to your sessions with your care team. That way, they can find out how diabetes affects arousal and orgasm, and discuss their own fears and concerns when it comes to sex.

Inside and outside the doctor's office, try to be patient and kind to one another. After all, if one partner is unhappy, the other probably is as well. 'Being affectionate and attentive towards each other ensures you stay connected,' says Fuller. ➤

PASSION BOOSTER
Diabetes-proof your bedroom

Picture this – just when things are getting steamy between the sheets, your pump cord gets tangled on your partner's watch or you feel the onset of a hypo. Sound familiar? Try this:

Maintain the mood Don't get angry when diabetes rears its head in bed. Instead, make a joke of the mishap. Or ask your partner to kiss your neck while you fix the problem. The less fuss, the easier it will be to resume where you left off.

Take it off Some people find it best to remove their pump before sex, just like they do before swimming. Just remember to reattach everything afterwards, so you can enjoy cuddling up and dropping off to sleep together.

Protect against a hypo Planning a bit of hanky-panky with your partner tonight? Or worried that new-relationship nerves will play havoc with your blood glucose levels (BGLs)? Prepare for sex like you would an exercise session. Adjust your insulin delivery or eat carbs beforehand to ensure your BGLs don't drop too low. If you're still worried about a hypo, keep jelly beans or juice nearby.

PASSION BOOSTER
Mix it up!

Does 'been there, done that' sum up your sex life? It may be time to shake up your routine.

'Have sex in a different setting or try a new position,' says Edwards. 'This can increase arousal and make reaching climax easier.' Using props, adding some candles or simply putting on some music will all help to change things up.

If kids or work commitments make it difficult to spontaneously make love, set a date with your partner and enjoy the anticipation. After all, variety is the spice of life *and* sex!

PASSION BOOSTER
Ease pain, find pleasure

If making love often feels painful or uncomfortable, it's a natural reaction to avoid it. According to Helen Edwards, 18 per cent of women with type 1 and 42 per cent of women with type 2 experience problems with sex. Nerve damage, hormone changes and reduced blood flow to the genitals can all impact on sexual function and enjoyment.

'These issues may contribute to decreased desire or sexual response, reduced vaginal lubrication and uncomfortable intercourse,' says Edwards.

There are solutions, though. To prevent pain and increase pleasure, Jean Hailes for Women's Health endocrinologist Dr Sonia Davison suggests starting by focusing on foreplay. Instead of treating it as a sexual appetiser, savour it like a main course.

'Lengthy touching, kissing and stroking can make a big difference to a woman's arousal, relaxation, lubrication and pleasure during sex,' she says.

Using lubrication can also make sex more pleasurable and less painful, as can topical oestrogen creams, which are designed to ease the pain caused by menopausal or peri-menopausal dryness.

Thrush can also cause discomfort. Avoid yeast infections by wearing cotton underwear and minimising the use of soap, bubble bath, talcum powder and feminine hygiene sprays.

Instead of treating foreplay as the sexual appetiser, SAVOUR it like a main course

PASSION BOOSTER

Move a little more

Exercise is the ultimate bedroom booster – it's free, can be done anywhere at any time, and it can dramatically improve your sex life in a short space of time. How so?

'As well as enhancing blood flow, exercise enhances sensitivity and sensation in the vulval region and encourages a more intense orgasm in women,' says Professor Susan Davis, chair of women's health at Monash University's Department of Medicine.

'For men, exercise may benefit blood flow to the genitals, enhancing the ability to achieve an erection,' says Associate Professor Carolyn Allan, an endocrinologist and medical advisor to Andrology Australia, a centre for male reproductive health.

Research also suggests your body image can improve after just six exercise sessions, which can help with arousal. Win-win-win!

Get the most out of exercise by aiming for 30 minutes each day. Working your pelvic floor can also improve sexual function, so try doing regular exercises. Squeeze your pelvic floor for 5-10 seconds, with a break of 10 seconds in between, and repeat 10 times.

'As tone improves, try tightening the muscles in increments, like a lift stopping on different floors, and also do 10 quick flexes,' says Davis.

Do as much incidental exercise as you can, too. Try gardening, getting off the bus one stop earlier, or just bringing in your shopping bags from the car one at a time. ➤

REAL-LIFE READ

"We've found new ways to be intimate"

Kate, a 36-year-old administration assistant, and her husband Dean, a 38-year-old builder, have had to rethink their sex life since Kate's type 2 diagnosis seven years ago



KATE SAYS: 'I get chronic thrush, so sometimes, for periods of weeks or even months, I'm too uncomfortable to even contemplate sex. Dean is always sympathetic, but it's been really difficult for him and I have felt incredibly guilty about it.

'A year ago, when seeing my diabetes educator, I broke down and told her. I explained that when we did make love, I was finding I couldn't reach orgasm.

'My educator was fantastic. She talked about learning to be intimate in other ways and letting go of this idea that intercourse is the purpose of lovemaking. She also gave me a pep talk about the impact of exercise on orgasms and genital blood flow. That really helped motivate me to work out every day, not just a couple of times a week.

'Within about eight weeks my arousal levels had improved and my orgasms came back – not every time, but most of the time. I feel like a new woman.'



DEAN SAYS: 'When Kate came home keen for us to be intimate without having intercourse, I admit I was sceptical. I didn't think I would enjoy it, but it has actually been really sexually satisfying because we have tried new things.

'It has also taken the pressure off, which funnily enough has meant that we've ended up having more sex, as well as oral sex and non-sexual contact, such as giving each other massages. Taking this approach has made us have fun again.

'Though Kate had tried for years to stick to an exercise program, once her educator said she should work out for her sex life, she really got motivated. It's been great to see her regain her self-confidence as she's lost weight and I've really noticed how much it has helped improve her libido.'



'Stress not only impacts on your BGLs, it can also cause lethargy, which decreases sexual desire,' says Meredith Fuller. 'Don't be stoic and ignore stress – your adrenals and immune system don't like it and it can lead to a grumpy mood, which is a passion killer, too!'

To help improve stress levels, Fuller suggests taking stock of what triggers them. 'Doing a regular audit of how busy or stressful your current life may be will enable you to prioritise, cut down on doing too much and recognise that you need additional self-care.'

Fuller says mindfulness is also key to reducing stress. 'One of the greatest de-stressors is having the physical time to be mindful of yourself, your body, your thoughts and feelings,' she explains. 'This skill also helps you focus on a specific relaxation activity like meditation, which is just as helpful during low-stress periods. Schedule your relaxation in your diary so that staying calm is a priority.'

If you feel you need a helping hand to get on top of stress, speak with your GP about building a Mental Health Treatment Plan. 'This gives you access to a certain number of subsidised visits with a counsellor or psychologist to help address anxiety, depression, stress, burnout and diabetes fears,' says Fuller.



Men with type 1 or type 2 diabetes can experience lowered testosterone levels, along with nerve damage or reduced blood flow to the penis. 'This may result in lack of libido and inflammation in the genital area,' Helen Edwards says.

'But the biggest sexual issue for men with diabetes is erectile dysfunction (ED),' she adds. 'Estimates suggest that up to four in every five men with diabetes will experience erectile problems and they are twice as likely to have erectile problems as men without diabetes.'

While doctors aren't entirely sure why ED is so prevalent among men with diabetes, they do know it is more common in men whose BGLs are not well managed.

PREVENT IT The best way to safeguard yourself against erectile problems is to maintain good BGLs and make healthy changes to your diet and lifestyle.

'Making an effort to get more exercise, limiting alcohol, stopping smoking and eating a healthy diet can all help,' says Carolyn Allan.

TREAT IT There are a number of treatment options available for ED. Drugs such as Viagra, Cialis and Levitra (called PDE5 inhibitors) are used to sustain and improve circulation to the penis. There are also vacuum pumps – manual devices that sit over the penis and create suction to increase blood flow, causing an erection within minutes.

Rubber rings perform a similar job by creating pressure around the base of the penis to help maintain an erection.

If less invasive options have been tried and have not worked, your GP may recommend penile injections, which take effect within five to 10 minutes, last for up to an hour and then gradually subside after orgasm is reached.

Speak with your GP or endocrinologist about which treatment is best for you. ■

WORDS STEPHANIE OSFIELD **PHOTOGRAPHY** GETTY IMAGES, ISTOCK PHOTO

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AS SEEN IN THE *movies*

From birthday party tragedies to hilariously unhelpful bogans, ***tune into the best – and worst –*** dramatic portrayals of diabetes

We all know better than to take what we see in movies and on TV too literally. But even so, when fictional characters have a medical condition like diabetes it's frustrating to see them behaving in ways that don't make sense. As *DL* endocrinologist Dr Sultan Linjawi says, 'Five to 10 per cent of the Australian population know they have diabetes. So in a cinema with 200 people watching a movie that touches on diabetes, about 20 of them will be surprised by the inaccuracies. Some movies are just ridiculous.'

We've unearthed some of the most notable – and controversial – portrayals of diabetes on the big and small screens, so sit back, relax and enjoy the show!

THE THREE-HANKY WEEPIE

Steel Magnolias (1989)

THE PLOT: A group of big-haired, big-hearted women (including Sally Field, Olympia Dukakis and Shirley MacLaine) experience love and tragedy in America's Deep South. Julia Roberts plays winsome 20-something Shelby – a character inspired by scriptwriter Robert Harling's sister, Susan.

WHERE DIABETES COMES IN: Shelby has type 1.

THUMBS UP FOR: Being based on a true story, albeit one that is uncommon and exaggerated for Hollywood effect.

THUMBS DOWN FOR: Scaring and angering many people with type 1, especially young women who feared (or whose friends and families did) that their lives would mirror Shelby's. Case in point: after falling pregnant against medical advice – Shelby's doctor doesn't believe people with diabetes should have children – she tragically dies as a result of an unsuccessful post-baby kidney transplant. Although this mirrored what happened to Susan, who died of diabetes-related complications in 1985, hers was a highly unusual case.

***DL* ACCURACY RATING:** ★☆☆☆





THE ROMANTIC DRAMA

Chocolat (2000)

THE PLOT: Filled with good-looking people (such as Johnny Depp) and equally attractive sweets, this drama centres on free-spirited chocolatier Vianne Rocher (Juliette Binoche), who inspires a conservative town to embrace its sensual side.

WHERE DIABETES COMES IN: Vianne's landlady, Armande (Judi Dench), presumably has type 1 as she regularly injects insulin.

THUMBS UP FOR: Portraying the reality that overloading on sugary treats will affect the health of people living with diabetes.

THUMBS DOWN FOR: The idea that there's no compromise between a grim half-life of denial at one extreme and fatal indulgence at the other. When Armande becomes a fan of Vianne's confections, it leads to tragedy – specifically, Armande's untimely death at her sugar-laden 70th birthday feast. Yes, there's a message here, but one that leave a slightly sour taste.

***DL* ACCURACY RATING:** ★★☆☆



THE CHILLING THRILLER
Panic Room (2002)

THE PLOT: Jodie Foster and Kristen Stewart play mother/daughter duo Meg and Sarah. When criminals break into their house to steal a hidden fortune, they lock themselves in a sealed-off panic room.
WHERE DIABETES COMES IN: Sarah has type 1.
👍 **THUMBS UP FOR:** Making an attempt to get it right.
👎 **THUMBS DOWN FOR:** Failing miserably. Sarah has pizza and soft drink for dinner but develops hypoglycaemia or low blood glucose levels (BGLs). Why? For the drama. Her glucagon shot is elsewhere in the house, but without the hypo, 'they could have stayed in there for days', associate producer John Dorsey said. Technical adviser Donna Cline pushed for changes of some script inaccuracies (including Sarah turning blue before making a spontaneous recovery), but lost the battle to remove a line in which Meg directs Sarah to drink lots of water to 'keep her blood glucose up'.
***DL* ACCURACY RATING:** ☆☆☆☆



THE LOCAL COMEDY
Upper Middle Bogan (2013-2014)

THE PLOT: When her snobbish mother, Margaret (Robyn Nevin) collapses with hyperglycaemia (high BGLs) in this Aussie comedy series, uptight doctor Bess (Annie Maynard) discovers she was adopted. Her 'upper middle' life is about to be challenged by her 'bogan' birth family.
WHERE DIABETES COMES IN: Margaret has type 2.
👍 **THUMBS UP FOR:** The way diabetes is treated. It's totally within character for Margaret to deny the problem ('Dee-arr-beetus, I call it; the Greek god of no cake'), as it is for Bess to fret over her ('You could have gone into a coma!'). For reasons that serve the comedy, Margaret starts making better food and fitness choices.
👎 **THUMBS DOWN FOR:** Nothing. Even the occasionally unhelpful comment about diabetes that Bess's bogan family fires Margaret's way makes sense in context.
***DL* ACCURACY RATING:** ★★★★

WISE WORDS

Want a ripping yarn for your gang? Check out these diabetes-friendly reads…



***Mad Men, Bad Girls* by Maggie Groff** (Pan Macmillan, $19.99)
The first book in a local series about sassy investigative journalist Scout Davis (who has type 1) combines humour, mystery and romance. 'These books are truly inspirational to anyone with diabetes,' says *DL* reader Maureen, who brought them to our attention.



***Fallen* by Karin Slaughter** (Random House, $19.99)
Having struggled to manage the diabetes she was diagnosed with in an earlier novel, cop Faith Mitchell is desperate to reassure investigators that a low BGL episode did not impair her judgement at a murder scene.



***The Baby-Sitters Club: The Truth About Stacey* by Ann M. Martin** (Scholastic, $9.99)
An early entry in the tween book series, this story follows new girl Stacey's efforts to accept her type 1 diagnosis and deal with her overprotective parents. ■

WORDS HAZEL FLYNN PHOTOGRAPHY GETTY IMAGES

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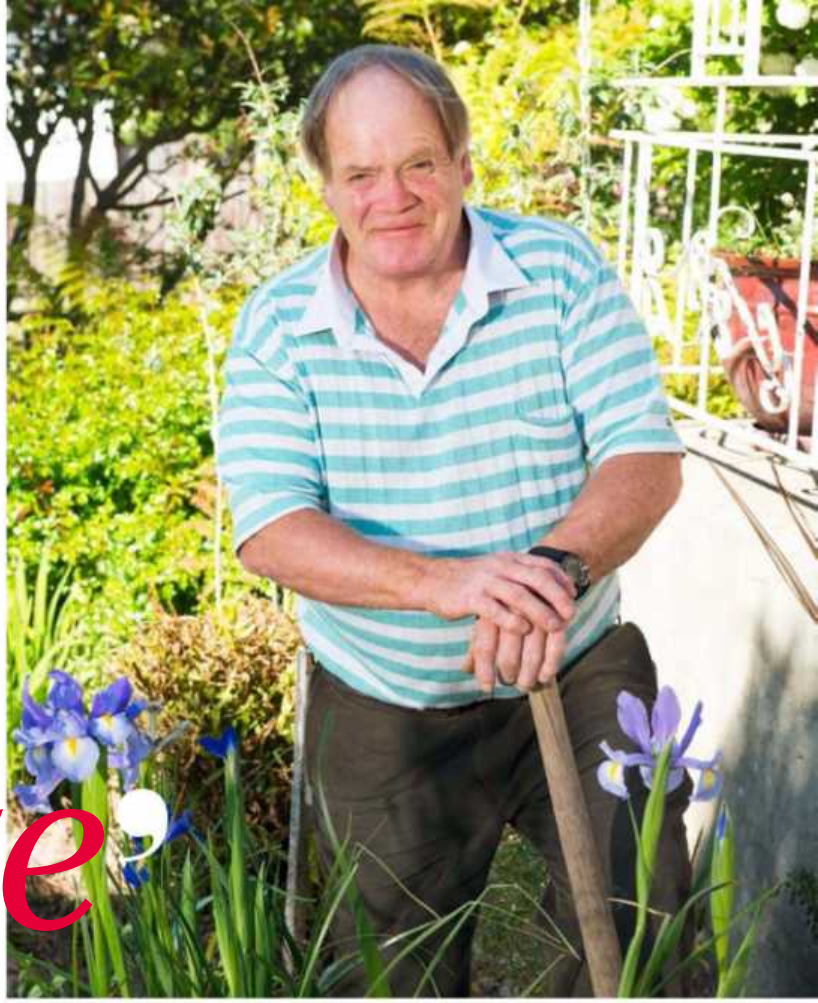
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TYPE 2

DEEP DOWN, *I knew* I had to *change*



After two heart attacks and a type 2 diagnosis, ***David Triffitt, 57,*** has lost 35kg and is determined to stay healthy for his young family

When were you diagnosed with type 2?

Eight years ago, I started feeling restless and agitated, and was really tired. I weighed about 123kg and I'm only 160cm tall so I was really round. I was managing a service station and getting up at 3am every day. I'd start work at 4am and would fall asleep while doing the bookkeeping.

My wife Keturah and I had just had our first daughter, Hannah. I'd come home and I just couldn't get involved with them – there was nothing left in the tank. I chalked my symptoms up to my hours, but my doctor said, 'We'll do a blood test.' We found out it was type 2, not just lack of sleep.

Keturah says that maybe I've had diabetes all my life. I don't know. A couple of people in Dad's family had it, but there's nothing on Mum's side or with my two brothers.

How did you take the news?

It took me about three months to accept that I had diabetes. I just thought, 'No way, this sort of thing can't happen to me... and there is no way I'm going without sugar in my coffee!' I love my coffee, and before I was diagnosed I'd have 15-20 cups a day, each with two sugars.

But deep down I knew that I had to change something, as I'd also had a heart attack eight years before my diabetes diagnosis. So I accepted it, and I bogged down and started making coffee without sugar.

It took six months to get used to it. Now, if I want something sweet, I just put a little bit of honey in my coffee, just once or twice a week, as a treat.

We hear that you gave up a few favourite foods, too...

I had to change a lot of things about my diet. I used to love a meat pie but now I walk into a shop and smell them and think, 'I can't.' I also loved barbecues with lots of meat and sausages.

Sometimes I'll get cravings and think, 'Gee, I'd love a nice big steak right now', but when it boils down to it, I don't miss it that much.

Wow, that shows willpower!

It's thanks to Keturah that I've changed my ways. When we first met, she was a vegetarian and I got her into eating meat and now that has reversed. Our diet is virtually all vegetables and a bit of fish. I'm a country boy, so I love

WORDS HEATHER WISEMAN PHOTOGRAPHY MATTHEW NEWTON

'I'm getting lots of exercise and have HEAPS MORE *energy than I used to'*



FAMILY FIRST
'My kids are the reason I am here now,' says David, with his wife Keturah and their four children.

my vegies! We eat lots of greens like broccoli, cabbage and peas.

I used to have a beer or two but I don't drink at all now. After I was diagnosed I cut right down, and then I started doing some volunteer work at a drug and alcohol rehab centre for young blokes. I'd never touched drugs, but I saw how drugs and alcohol affected those boys and some were homeless. It was very sad and a real eye opener.

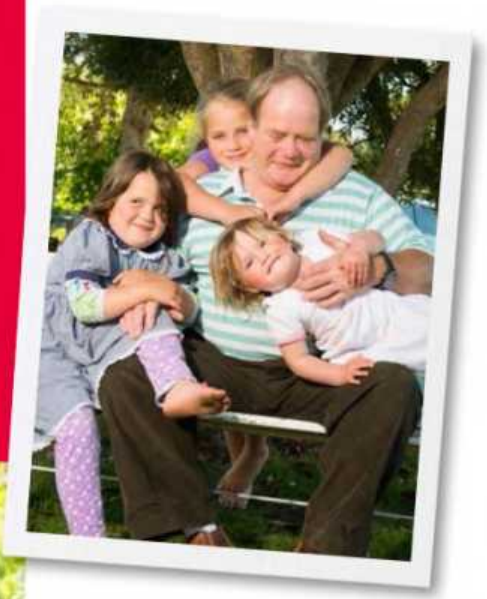
It helped with how I felt about my diabetes, too, because I thought, 'I haven't got a problem compared with these boys.' It made it easy to stop drinking altogether and that, combined with cutting out red meat, is one of the main reasons I've lost 35kg.

I'm now down to 88kg and am losing about a kilo each week. I wouldn't go back to my old ways, because I have a family now and I love them dearly.

So your family is a great incentive to stay healthy?

They are the reason I am still here. My blood glucose levels can be hard to manage, especially when I'm feeling sick. But for their sake, I can grin and bear it, and tell myself I'm going to beat it. I had another heart attack in February 2015, so I gave up work to take care of my health. I thought, 'My family comes first and I want to see them grow up.'

We have four kids: three girls and a boy – Hannah, Lyvia, Ezria and Judea – so we're really busy. I'm up at 6am, when they rise, and I don't go to bed until midnight. I'm always chasing the kids around and they want to be thrown up in the air and things like that, so they keep me on my toes.



Once a fortnight, I'll go for a nice long walk, but aside from that I'm mowing the lawn a lot, so I am getting lots of exercise. The good thing is I have heaps more energy than I used to and I no longer need a snooze in the day.

Do your kids help with your diabetes management?

Yes! I don't really like taking my tablets, so Hannah will always go and get them for me. Of a night, she'll always say, 'Dad! Needle!' I've got to hold the needle in my stomach for 10 seconds, so she says, 'I'll count.' She'll count to 10 and sometimes she'll go really slow on me! ■

Have diabetes and want to share your story? Email diabeticliving@pacificmags.com.au, or write to *Diabetic Living*, My Story, GPO Box 7805, Sydney, NSW 2001.

Feel BETTER IN 5

When it comes to your health, be ahead of the game – your body will ***thank you!***

1 Go for low, naturally

Got mild hypertension? Here's how to improve your numbers without medication

If you've been diagnosed with high blood pressure it's important to treat it, but if your readings are only slightly elevated there are a number of simple ways to help reduce them. Diabetes educator Dr Kate Marsh shows you how...

1 MAKE A DASH 'Try the DASH – Dietary Approaches to Stop Hypertension – diet,' says Dr Marsh. 'This eating plan has been found to be as effective as medication for treating mild hypertension and might prevent or delay the need for medication in those with borderline high blood pressure.'

The DASH diet involves eating more fruit, vegies, whole grains, legumes, nuts, seeds, fish and low-fat dairy while limiting red meat, refined grains and sugars. Visit dashdiet.org for info.

2 BALANCE THE SCALES 'Carrying extra body fat can increase your blood pressure,' says Dr Marsh. 'If you are overweight, losing just five to 10 per cent of your weight can help.'

3 DRINK SMART A high alcohol intake can bump up your blood pressure, says Dr Marsh. Try to stick to no more than two standard drinks a day and have a few alcohol-free days each week.

4 STAY ACTIVE 'Aim for at least 30 minutes of moderate-intensity exercise most days,' says Dr Marsh. Keep your interest high and your body challenged by mixing up your workouts.

5 BIN YOUR BUTTS Research shows smoking elevates your blood pressure and keeps it elevated even after you've stubbed out your cig. Stopping smoking reduces your risk of heart disease, too.

6 JUST RELAX! Stress can elevate your blood pressure, even more so if you cope by turning to food, alcohol or smoking. So take time each day to relax and do more of the things that you love.

Loving this!



Step to it!

2 Get a leg up on circulation

If you're over 50 and have diabetes it pays to safeguard yourself against peripheral arterial disease (PAD)

WHAT IS IT? 'Peripheral arterial disease (PAD) is where the arteries in your legs – especially the ones below the knees – narrow and harden, reducing the amount of blood that flows to the legs and feet,' says Danielle Veldhoen, podiatrist at Sydney's Royal Prince Alfred Hospital.

As many as one in three people with diabetes who are over the age of 50 may be living with PAD, but it often goes undiagnosed.

WHAT DOES IT FEEL LIKE? 'You may experience pain such as cramping in your legs, especially in the back of your calves, that is made worse by walking,' says Veldhoen. 'Others may also feel tingling and numbness or have no warning at all.'

HOW DO I PREVENT IT? The best ways to blitz your risk include quitting smoking, maintaining steady blood glucose levels (BGLs), keeping your blood pressure and cholesterol levels in check, and staying trim.

AND IF YOU DO HAVE IT... 'Regular exercise is a great way to manage the condition,' says Veldhoen. 'Speak with your GP, podiatrist or exercise physiologist about creating and sticking to a treatment plan that is best for you.'

3 Food for thought

Discover the good oil on easing aches and pains with simple switches



✔ *Try this*

Scientists believe that the omega-3 fatty acids found in fish oil may help relieve and even prevent the symptoms of rheumatoid arthritis. They can also boost your heart health.

Not keen on fish oil? Try extra virgin olive oil. A 2011 study found that it can help reduce inflammation and sensitivity to pain in people with arthritis. For more on EVOO, turn to page 40.

✘ *Limit this*

Plagued by inflammation? It might be time to cut back on your brekkie bacon.

The saturated fats found in bacon, and other fatty foods such as butter and cream, are thought to increase inflammation and associated pain. ➤





Be water wise and flush out problems.
GO THE H_2O!

4 Protect your pancreas

This organ needs some extra love – and not just because of its link to diabetes

When most of us think about the pancreas, we think about insulin production (or lack of it), but endocrinologist Dr Sultan Linjawi says this organ is also responsible for producing the hormone glucagon and digestive enzymes amylase, lipase and protease.

'These enzymes are released into the small intestine then activated to break down fats, proteins and carbohydrates from your food,' says Dr Linjawi. 'However, if they're activated before they leave your pancreas, inflammation occurs. This condition is called pancreatitis.'

THE SYMPTOMS

If you have pancreatitis, you may experience:

- Nausea and vomiting
- Swollen and tender upper abdomen, with pain that radiates into the lower back
- Hiccups and flatulence
- Pale yellow or grey stools
- High temperature
- Increased heart rate
- Weight loss

THE DIABETES CONNECTION

'If you have an episode of acute pancreatitis you have a twofold risk of developing diabetes within five years,' says Dr Linjawi. 'This is because the damage that occurs as a result of pancreatitis can affect insulin production.'

REDUCING YOUR RISK

Most cases occur in people who are heavy drinkers or who have a blocked bile duct due to gallstones. 'Cutting back on alcohol and following a healthy diet low in saturated fats will reduce your risk,' says Dr Linjawi.

5 Say goodbye to UTIs!

Here's how to make these common infections an annoyance of the past

Most of us are all too familiar with the burning sensation and sense of urgency that accompanies a urinary tract infection (UTI). As many as one in two women and one in 20 men will contract a UTI at some stage in their lives.

If you have diabetes, you may be more susceptible to these infections because the high sugar count in your urine creates a breeding ground for bacteria.

The good news is that there are lots of ways to keep UTIs at bay. Here's how:

- Maintain healthy BGLs.
- Drink your recommended daily dose of 6-10 glasses of water.
- Don't hold it in!
- Go to the toilet after having sex, to flush out your urinary tract.
- Treat cases of thrush quickly. ■

WORDS REBECCA LAKE **PHOTOGRAPHY** GETTY IMAGES, ISTOCKPHOTO



Lifesaver with paws

Whether you're living with diabetes yourself or caring for a loved one with diabetes, get peace of mind with a Paws for Diabetics alert dog!

Paws for Diabetics is a charitable non-profit organisation that provides help and support for people with diabetes with specially trained alert dogs, the latest tool in diabetes management.

Trained to respond when their handler's blood glucose level is falling, these special dogs give warning well in advance of an impending hypoglycaemic episode, allowing for prompt treatment. A hypoglycaemic attack left untreated can lead to coma and even death, so these dogs really are lifesavers!

Perfect for adults living with diabetes, or as a great support to parents caring for a child with diabetes, Paws for Diabetics dogs can provide immeasurable benefits including independence, confidence, companionship and peace of mind.

So how does it all work? Paws for Diabetics provides initial training and then, after a careful screening process, places the puppies in the homes of people living with diabetes. The owners then raise and continue training their new four-legged friend in their homes, with support from Paws for Diabetics.

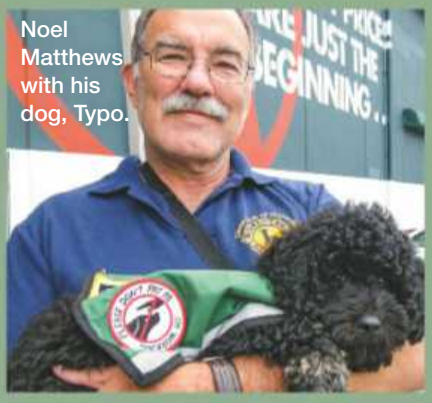
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Ethan Beyer and his dog, Baxter.



Noel Matthews with his dog, Typo.

Four paws + one nose = lives saved

Paws for Diabetics Inc. is a charity run by dedicated volunteers. Donations over $2 are tax deductible and can be made through our website

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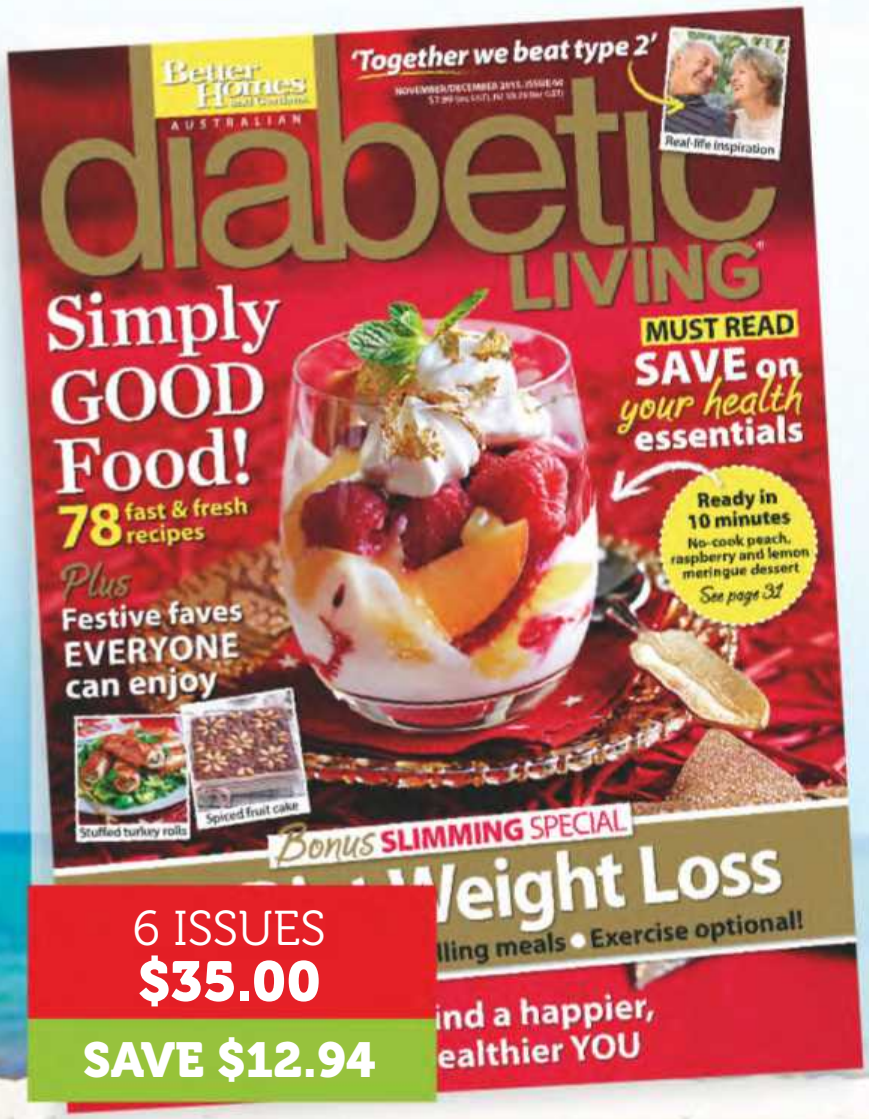
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New Golden North Good'n Creamy ice-cream is good news for people living with diabetes. It's low GI, gluten free, only three per cent fat and free of artificial sweeteners and added sugar… and it tastes so good! Available now in three delicious flavours from selected independent supermarkets. Call 1300 ICE CREAM (1300 423 273).



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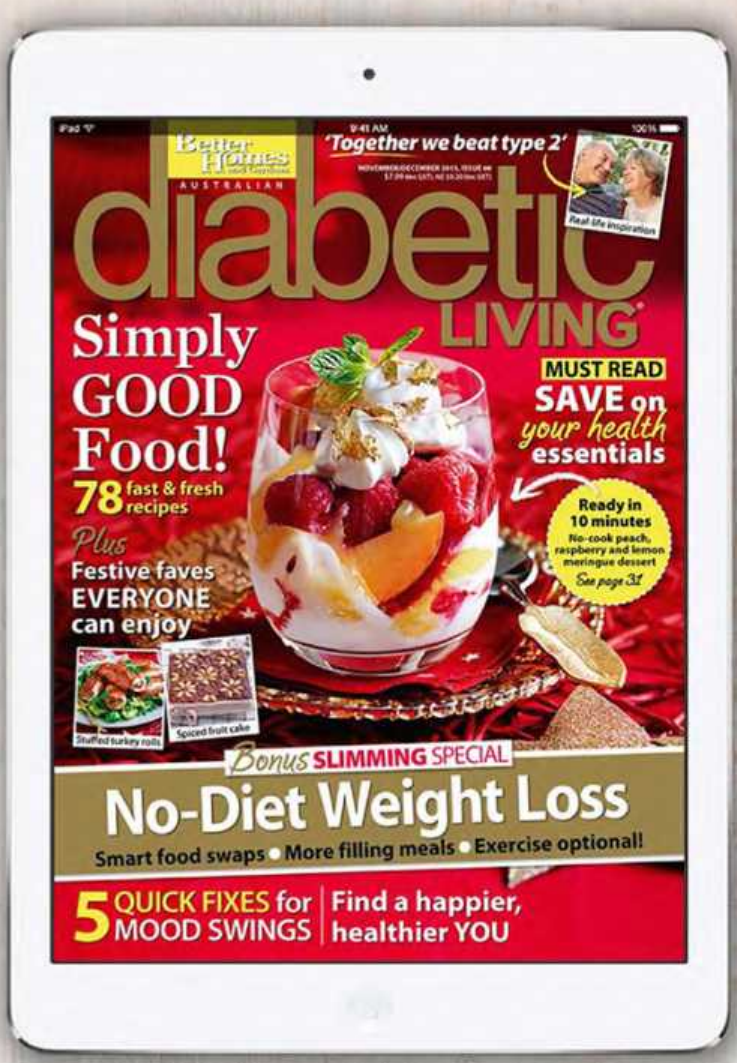
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PHOTOGRAPHY ISTOCK PHOTO

KEY Freezable Gluten free Gluten-free option Vegetarian

COOKING All our recipes are designed for a fan-forced oven. If you have a conventional oven, you'll need to increase the temperature by 10-20°C, depending on your oven. All recipes are tested in a 1000W microwave oven.

FREEZING Pack individual serves into airtight containers. Label with the recipe name and date. Main meals will generally freeze for three to six months, with three being optimal. To reheat, put the dish in the fridge overnight to defrost (never leave it on the bench overnight) or defrost on low/30% in the microwave. Reheat on the stove, in the oven, or microwave it on medium/50%, depending on the dish.

GLUTEN FREE When a recipe ingredient is tagged 'gluten free' it may either be branded gluten free or gluten free by ingredient – please check the label to ensure the product is suitable for you. **Note:** Some spices carry a 'may contain' statement. It is important to check the label of packaged products to ensure they are gluten free.

Postcards from the SHED



After a close encounter in a taxi, everyone's favourite chippie ***Rob Palmer*** is flying the flag for diabetes unity – whatever your type

Just recently I found myself unintentionally contributing to the divide between two groups that should really be each other's greatest ally. If you think that's sounding a little bit like *Star Wars*, you're probably right!

It all stemmed from a misunderstanding. I was sitting in a taxi, in the front seat (I like to chat!) and I decided to check my blood glucose levels (BGLs).

'You don't look diabetic' was the incredulous observation from the cab driver (misunderstanding #1).

I've heard this many times and have come to see it as a compliment of sorts, because it means I look too fit to have diabetes. Enter my own misunderstanding (#2) about type 2, which I'll get to in a minute.

As I reached for my party mix of lollies – my BGLs were 2.4 – he asked, 'Should you be eating sweets?' Which brings us to misunderstanding #3.

'Yes, mate, kinda. I have type 1,' I said.

Then came the twist...

'I have diabetes, too!' said the driver. This cabbie had type 2 and he couldn't have been more than 60kg wringing wet! He didn't look out of shape in the slightest and was sucking back water, rather than juice or a sugary soft drink. And there was misunderstanding #2, part 2.

We swapped stories about our circumstances and diagnoses. His story was far removed from the unfortunate and unflattering stereotypes that are often perpetuated about people with type 2. Hearing it was a good lesson for me in avoiding involuntary judgement.

The cabbie, on the other hand, left the discussion with a new perspective on type 1 diabetes, its relationship to the immune system and its absolute need for constant attention and careful management.

'DIABETES IS NOT A LABEL, ***but a challenge, regardless of which type you're living with'***

We were two guys, each with a related disease, now better understood by the other. A big win-win in my book – and not a lightsaber was drawn!

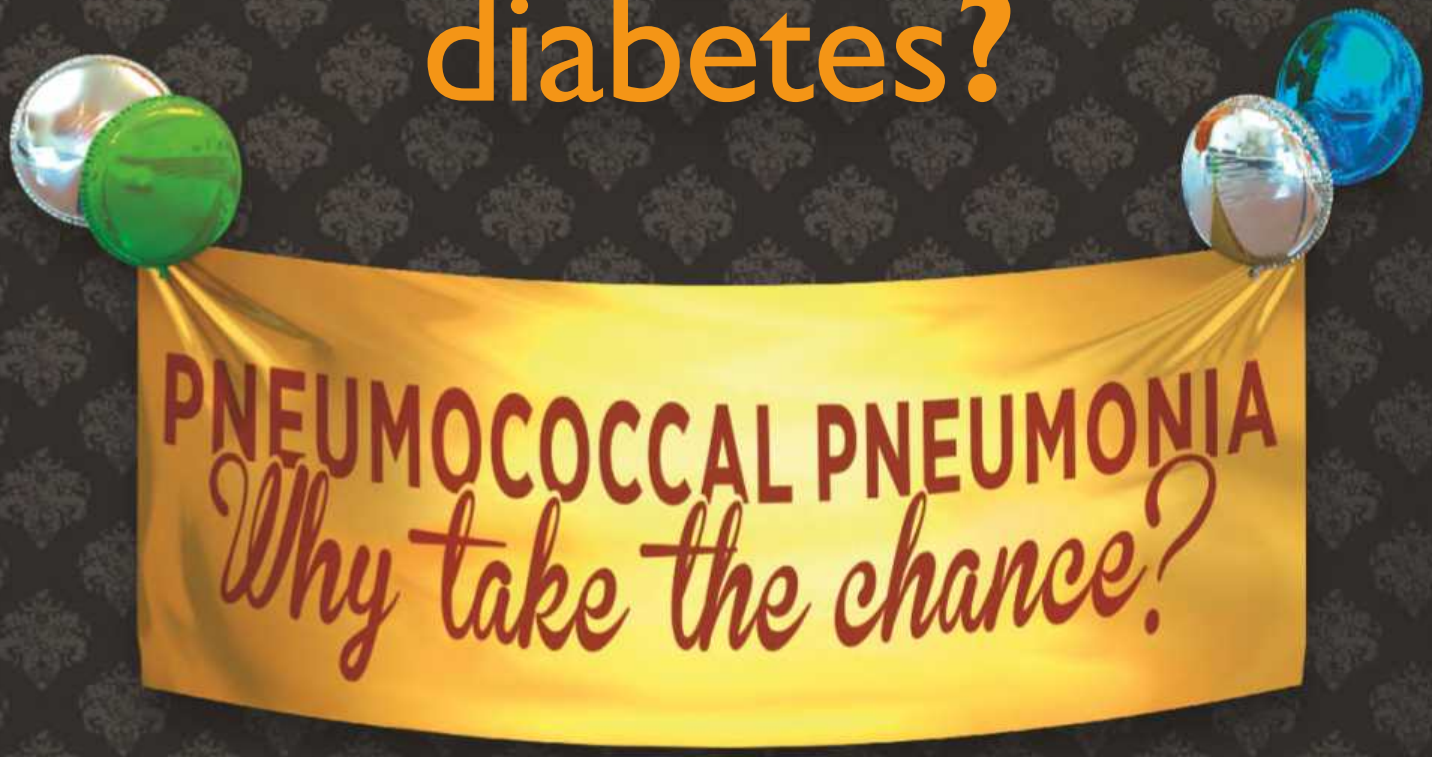
What really hit home to me, though, was if two people with diabetes could both get it so wrong, how can we expect the greater population to have any understanding of this condition?

Diabetes is not a label, but a challenge, regardless of which type you're living with. And here is another challenge: I reckon we should all have a crack at being a different type of diabetes educator. First, we have to start by tackling our own misconceptions. Only then will we be able to readjust the often-misinformed views of people whose lives haven't been directly touched by diabetes.

Together, we can become the Jedi Knights of the Federation of Diabetes Information. May the Force be with you. ■

PHOTOGRAPHY BRAD GERHARD (ROB'S PHOTO); ISTOCKPHOTO

Living with diabetes?



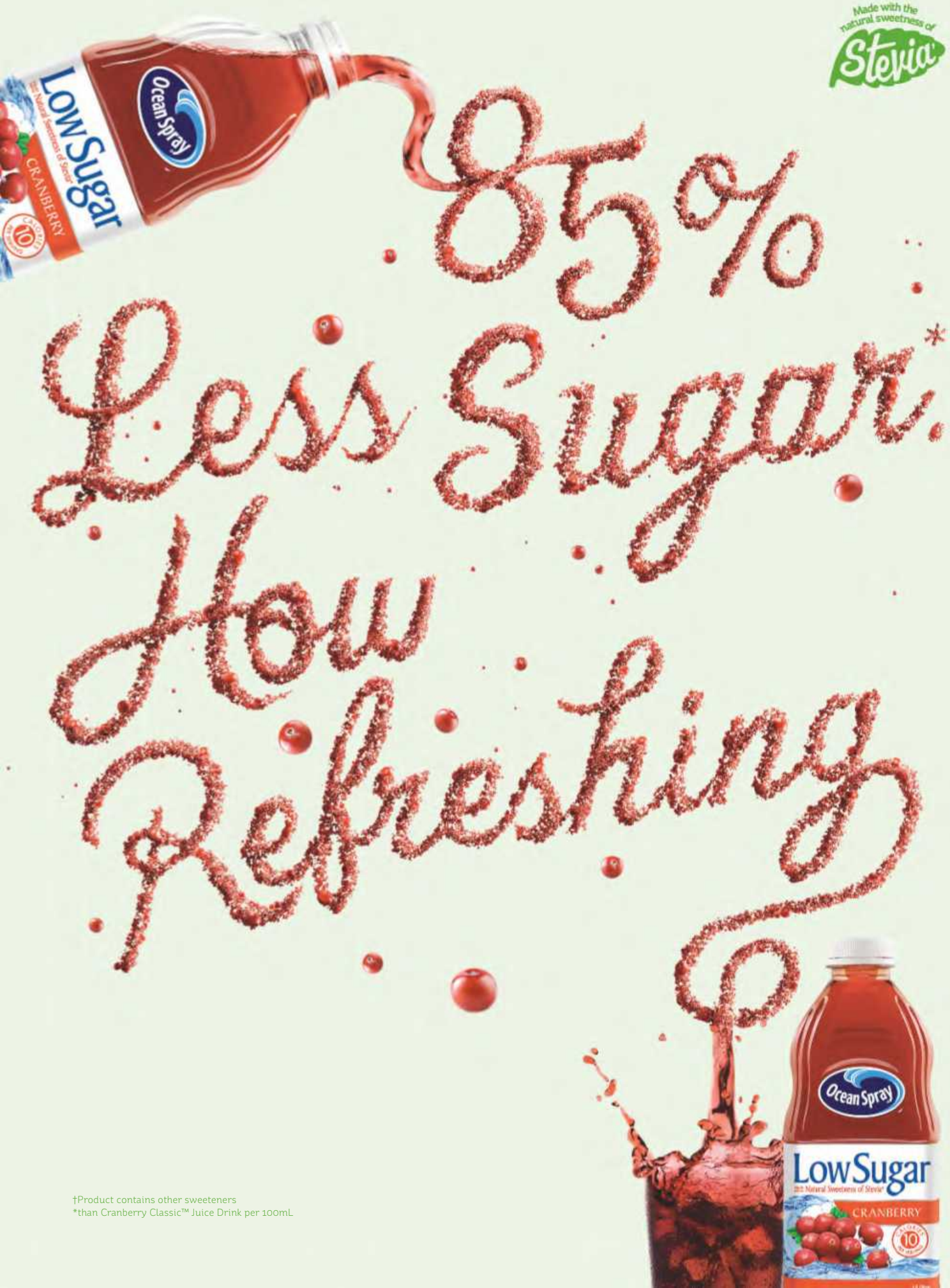
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